

Resource for Parents

Learning & Support @ Home

Lincolnshire
COUNTY COUNCIL
Working for a better future

Lincolnshire Councils' SEND Advice Line Service have worked with recommendations from educational psychologists to bring together this resource to share with parents to help signpost to available support for children with SEND during home-learning.

Speech language and communication interaction

@ Oak Academy communication and language lessons online for children with SEND for secondary and primary pupils.

<https://classroom.thenational.academy/specialist/subjects/communication-and-language>

@ Directory of activities and resources to support development of specific speech, language and communication needs (searchable by age phase, subject, target and level of attainment). Primary age children (5– 11 years).

<https://en.commtap.org/primary>

@ A range of resources to help parents develop children's speech and language needs. For all age groups.

<https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/>

@ Games and activities to support speech and language needs. Home based activities from toddler to primary age children.

<https://ican.org.uk/a-message-to-our-supporters-on-coronavirus/activities-to-develop-speaking-and-listening-skills/>

@ A guide to Android apps to support complex communication needs.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-complex-communication-support-needs/>

@ Activities to support children and parents using PECS (picture Exchange).

<https://pecs-unitedkingdom.com/support-at-home/>

@ There are also some videos available from Lincolnshire Speech and Language Therapy Service to support the Attention and Engagement programme running in Lincolnshire. Attention and Engagement is an intervention model which aims to develop natural and spontaneous communication through the use of visually based and highly motivating activities. The primary objective is that the sessions are fun and “offer an irresistible invitation to learn!”

<https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/childrens-services/childrens-therapy-services/first-call/attention-and-engagement>

Cognition and learning

Maths

@ Oak Academy lessons to support children with additional needs in specific areas of maths.

<https://classroom.thenational.academy/specialist/subjects/numeracy>

@ iPad apps for learners with dyscalculia/numeracy difficulties.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/ipad-apps-for-learners-with-dyscalculianumeracy-difficulties/>

@ Resources to support teaching to tell the time.

<https://www.easyreadtimeteacher.com/teacher-classroom-resources/>

@ Active games to support maths learning, for primary and early-secondary aged children.

<https://www.weareteachers.com/active-math-games/>

@ Virtual physical resources to help children understand maths, cubes, tens frames, number lines, bead strings, and many more!

<https://www.didax.com/math/virtual-manipulatives.html>

English

@ Android apps for learners with dyslexia/reading and writing difficulties. For all ages.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-learners-with-dyslexia/>

@ Free Powerpoint books for young readers.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/powerpoint-books-for-young-readers/>

@ List of dyslexia friendly books with titles for readers in Key stages 1 and 2 (charge applies).

https://www.booksfortopics.com/dyslexic-readers?fbclid=IwAR1_cTqfjigl-KkzG9UVxUq_cwmZfBJ9ylvdA6R5utt-Jbxer7Xy6xLaolY

@ Multisensory stories for downloading using signs, props, movement etc. to engage children with special needs.

<https://www.rhymingmultisensorystories.com/>

@ Free e-book library, select by age group.

<https://home.oxfordowl.co.uk/reading/free-ebooks/>

Sensory and/or physical needs

@ Oak Academy lesson to support children with additional needs in in their physical development.

<https://classroom.thenational.academy/specialist/subjects/physical-development>

@ Support for autistic learners of all ages, with sensory processing, ideas for activities, resources and guidance for those supporting them.

<https://sensory-processing.middletonautism.com/>

@ A guide to using the iPad to support learners with physical difficulties.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/using-the-ipad-to-support-learners-with-physical-difficulties/>

@ Using the iPad to support learners with visual difficulties.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/using-the-ipad-to-support-learners-with-visual-difficulties/>

@ Using Windows 10 'accessibility' tools to support learners with visual difficulties.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/using-windows-10-accessibility-tools-to-support-learners-with-visual-difficulties/>

@ 10 weeks' worth of videos with activities to develop children fine motor skills.

<https://www.griffinot.com/developing-childrens-fine-motor-skills/fine-motor-activities-with-kim-griffinot/>

@ Multisensory stories for downloading using signs, props, movement etc. to engage children with special needs.

<https://www.rhymingmultisensorystories.com/>

@ Dance mat typing to develop typing skills, aimed at children in Key stage 2 (however there are different levels of challenge).

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Self-help and independence

@ Oak academy lesson to support children with additional needs develop life skills such as dressing, personal care etc.

<https://classroom.thenational.academy/specialist/subjects/independent-living>

@ Resources aimed at supporting children and young people with autism to develop essential life skills such as personal hygiene, managing work and leisure activities.

<https://life-skills.middletonautism.com/>

Social, emotional and mental health

@ A range of resources, games etc. to support different areas of mental health: anxiety, anger, emotions, mindfulness etc.

<https://www.elsa-support.co.uk/category/free-resources/>

@ Resources aimed at autistic pupils, but could be used with others to support change, particularly around COVID 19.

<https://managing-change.middletownautism.com/>

@ A range of social stories and resources around a lot of different life issues, including COVID 19, that can be used to support young children's understanding.

<https://www.autismlittlelearners.com/search/label/My%20Freebies?updated-max=2020-07-05T17:59:00-07:00&max-results=20&start=20&by-date=false>

@ iPad apps for complex communication support needs.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/ipad-apps-for-complex-communication-support-needs/>

@ Create a free account to access certain activities and resources to support mindfulness and well-being, for children in Key Stage 2 and early Key Stage 3.

<https://www.bookofbeasties.com/>

@ A selection of games to play to build children's social and emotional awareness

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

General

@ Comic books that can be downloaded and support learning in different areas of the curriculum, aimed at Key Stage 2.

<https://dekkocomics.com/topic-guide>

@ Early development lesson for pupils working below year one level.

<https://classroom.thenational.academy/specialist/subjects/early-development-learning>

@ Resources to support SEND learning.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/inclusive-learning-resources/>

@ iPad apps for learners with complex additional support needs.

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/ipad-apps-for-learners-with-complex-additional-support-needs/>

@ Downloadable resources, activity and lesson ideas for literacy, numeracy, behaviour and social skills of needs, including social skills.

<https://do2learn.com/>

@ Accessible learning games for English, maths, memory and typing skills.

<https://www.doorwayonline.org.uk/>

There is a parents toolkit on bbc bitesize with a section on SEND.

@ <https://www.bbc.co.uk/bitesize>

Lincolnshire Adult Skills and Family Learning Service

@ www.2aspire.org.uk

Tel 01522 782011

The Adult Skills and Family Learning Services offers a wide range of courses that engage adults in learning, which supports and enables them to enhance their quality of life, play a full part in the development of the local economy and community and progress to other learning, training and volunteering opportunities.

The service provides learning opportunities that:

- allow learners to develop their skills and confidence
- encourage learners to progress to further learning, volunteering and employment
- improve learner's employability
- develop learner's community leadership skills
- develop and promote physical and mental wellbeing and social inclusion
- support children's achievement through the involvement of parents

Face-to-face advice

Call 0800 100 900 to find out if you're eligible for a face-to-face appointment with an adviser. Alternatively, text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free.

Family Learning courses

The Adult Learning Service loves working with families, wherever they are! Our free Family Learning courses are open to learners in schools and community venues across the county and are a great way for parents, grandparents or carers to find out how to support their children with what they learn at school. At the moment this just isn't possible, so we are now offering Family Learning Workshops online. Our experienced tutors will work with you for an hour online, sharing their ideas on a range of topics. They'll be full of ideas for you to do with your child together at home.

Visit <https://www.2aspire.org.uk/family-learning/family-learning-courses/>

CYP emotional wellbeing and mental health support

Kooth Online Counselling Service

Kooth.com, provided by XenZone, offers a safe and confidential online counselling and support service, which is available free to young people across the Lincolnshire area, aged 11-18 years old (up to age 25 if SEND or leaving care). It is available 12pm-10pm, Mon-Fri and 6pm-10pm, Sat-Sun. Other non-counselling support is available 24/7. The service incorporates counselling, message boards, forums and advice on a range of topics including managing exam stress, healthy relationships, anxiety and bullying.

@ www.kooth.com

Healthy Minds Lincolnshire

Healthy Minds Lincolnshire provides early emotional wellbeing support to children and young people up to age 19 (age 25 if SEND or leaving care), when they feel that life is getting out of control and need some help to cope. It is available 9.30am-4.30pm, Mon-Fri for referral or advice/guidance. The service is delivered by Lincolnshire Partnership NHS Foundation Trust and focuses on early intervention, promoting resilience and the prevention of emotional wellbeing concerns escalating to mental health issues.

Healthy Minds Lincolnshire has online workshops for young people and their parents/carers including:

- Survival guide to change
- Managing worries and anxious feelings
- Managing angry feelings
- Parents supporting children with anxiety and additional needs

@ <https://www.lpft.nhs.uk/young-people/online-workshops>

Tel 01522 309120 Here 4 You helpline to access this support.

@ www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/healthy-minds-lincolnshire

Lincolnshire Centre for Grief and Loss (LCGL)

LCGL provides support to children and young people in the form of advice and guidance through counselling when experiencing grief and loss as a result of death, divorce, separation, illness, crisis etc.

@ <http://www.lcgl.org.uk/>

Tel 01522 546168

Child and Adolescent Mental Health Services (CAMHS)

CAMHS supports Lincolnshire children and young people up to age 18 (age 25 if leaving care) who are experiencing moderate, acute and severe, complex and/or enduring mental health problems or disorders.

Core services and advice are available 9am-4.45pm, Mon-Fri.

Tel 01522 309120 Here 4 You helpline to access this support

@ www.lpft.nhs.uk/young-people/lincolnshire/professionals/service-offer-and-referrals/child-and-adolescent-mental-health-service-camhs

Other Resources

Young Minds

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They offer information, expert knowledge, online resources, outreach etc.

Tel 0808 802 5544 (parent helpline) **Tel** 020 7089 5050 (general enquiries)

Urgent Support Text YM to 85258

@ www.youngminds.org.uk

LPFT Support for young people and parent includes information on:

- looking after your mental health during coronavirus
- parent/carer resources
- five ways to well-being during Covid -19
- getting creative during lockdown

@ <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub>

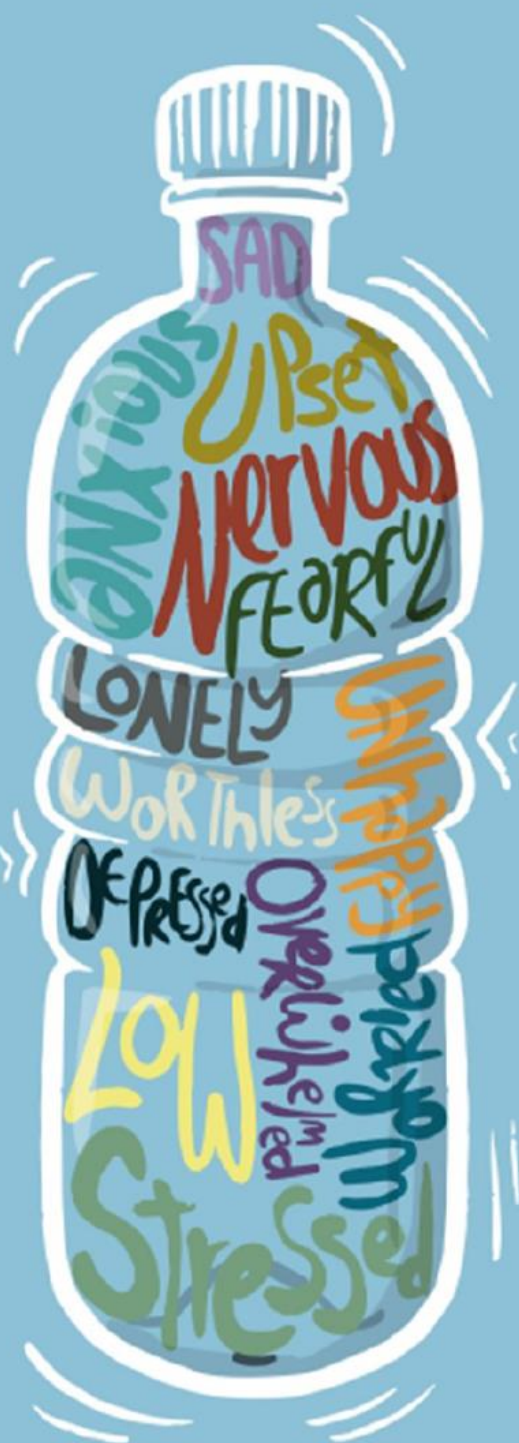
Don't bottle up your feelings

Talking helps

Call the confidential emotional and mental health support line in Lincolnshire.

0800 001 4331

Available 24 hours a day, 7 days a week.



Covid-19 – support in Lincolnshire

Each neighbourhood has set up groups of people who have come together to help those who are not able to leave their home. You are not alone. Let us know if you need help and we will link you up with them. Local volunteers may be able to help you with things like:

- shopping
- getting prescriptions
- dog-walking
- friendly chat

You can follow the website link: <https://www.lincolnshire.gov.uk/coronavirus-support-services> . Alternatively, call 01522 782189.

National support

@ Get help with technology during coronavirus

<https://www.gov.uk/guidance/get-help-with-technology-for-remote-education-during-coronavirus-covid-19>

The Department for Education (DfE) is providing a range of support to schools, colleges, academy trusts and local authorities through its Get help with technology programme. Parents, carers and pupils cannot apply for digital devices or internet access through this scheme themselves. They should contact their school to discuss requirements for accessing remote education.

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic

What you need to know: The coronavirus pandemic is going to affect daily life, as the government and the NHS take necessary steps to manage the pandemic, reduce transmission and treat those who need medical attention. Regardless of their age,

this may be a difficult time for children and young people. Some may react immediately, while others may show signs of difficulty later on.

How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Adverse reactions may include worrying about their health or that of family and friends, fear, avoidance, problems sleeping or physical symptoms such as stomach ache.

During this time, it's important that you support and take care of your family's mental health – there are lots of things you can do, and additional support is available if you need it.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>



Coronavirus: Top tips for families

Try to stay calm when talking to your children or about what's happening.

Even if your children don't use verbal communication they may still pick up on your tone of voice and your stress levels.

We've put together some tips and links to online resources to help you deal with this difficult time.

 www.autism.org.uk/coronavirus





Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.





Are you the parent of a child aged one year or over with sleep issues?

Would you like to speak with an experienced Sleep Practitioner about those issues?

The Sleep Charity are pleased to announce

FREE 1-2-1 Sleep Clinic Appointments

Due to Covid-19 our face-to-face clinics are on hold. However, we are keen to support families however we can. We are offering appointments over the telephone mostly but are happy to use video calls too.

To find out more or to book an appointment please contact:

Claire on **07568 052300** or preferably email claire@thesleepcharity.org.uk

Families must reside within the Lincolnshire boundary

Follow us on Facebook: The Sleep Charity-Lincolnshire project



Early Years support

Children's centre update

We currently have 29 Children's Centres open and these are offering much needed midwifery and health visiting appointments to families. However, we understand that families are missing group based play and learning sessions. Because every centre is different we are currently working on how we can offer some sessions safely and in line with the guidance. Until then we wanted to remind you that our commissioned provider Early Years Alliance continue to deliver a full virtual programme, advertised on the children's centre Facebook pages, that will support your child's development and learning. Please see the links and information below.

Early Years Alliance

If you haven't yet tried our Early Years Alliance virtual Zoom sessions, here is a little video we have created to explain the benefits to you and your child:

<https://www.eyalliance.org.uk/files/promovid1mp4>

Introducing you to the skills service

During term time, virtual sessions take place on Tuesday mornings, between 10.15 – 10.45am. This free service is open to parents and carers with children aged 0-19 (25 if additional needs).

Looking for a new direction or something to occupy your mind? Struggling to find work or needing a change? Want to develop new skills or gain experience, but don't know where to begin? Love to do a course or volunteer, but need to fit around the children? If this sounds familiar, find out how we can help by joining us on a Tuesday morning. To book your place, email beststart@eyalliance.org.uk giving your full name, your child/children's full name(s), postcode and the session name 'Introducing Skills'. See you there!

Understanding children and young people's mental health certificate level 2

Understand the causes, minimise the risks and learn coping mechanisms for you and the person affected with this (14 week) distance learning course from Boston College: [https://www.boston.ac.uk/courses/find-a-course/area/distance-](https://www.boston.ac.uk/courses/find-a-course/area/distance-learning/understanding-children-and-young-peoples-mental-health-certificate-level-2/)

[learning/understanding-children-and-young-peoples-mental-health-certificate-level-2/](https://www.boston.ac.uk/courses/find-a-course/area/distance-learning/understanding-children-and-young-peoples-mental-health-certificate-level-2/)

For further support with finding courses, training and employment opportunities, email your full name and postcode to beststart@eyalliance.org.uk and one of our skills development officers will be in touch.

Did you know the Best Start Early Years Team can support you with learning through play and home learning for 0-5s? Email beststart@eyalliance.org.uk

Early Support Care Co-ordination (ESCO) – telephone appointments

An ESCO telephone appointment provides the opportunity for you, as a parent or carer of a child with a disability, to speak to a skilled professional for a friendly and confidential consultation.

ESCO is available to support, advise, signpost and encourage, whilst recognising parents' and carers' skills and expertise.

To book an appointment, contact the customer service centre on 01522 782111.

Lincolnshire Parent Carer Forum

Our main remit is to collect, collate and represent the views of parent carers from a variety of sources and use the information and ensure these are fed back to service providers with a view to improve the quality, range and accessibility of services.

We are the parents' voice!

We work with Department for Education (DfE), Department of Health (DoH), Lincolnshire County Council (LCC), National Health Service (NHS), Clinical

Commissioning Groups (CCGs), National Network of Parent Carer Forums (NNPCF) and others.

Here's the info for the Lincolnshire Parent Carer Forum:

<https://www.lincspcf.org.uk/index.php>

We can be contacted on: admin@lincspcf.org.uk

07925 232466

https://www.lincspcf.org.uk/P_Information.php