



# Hormead First School and Nursery

## SEND Support at home

We understand that we are not face to face at the moment for all of the pupils that we support, but I can arrange a chat and check in if you or your child wants to speak to me.

Please do email me at [senco@hormead.herts.sch.uk](mailto:senco@hormead.herts.sch.uk)

### Here are some strategies that you can use at home to support you child

- 1) Keep your child in a routine, it is important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- 2) If your child is feeling stressed with schoolwork online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.
- 3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> or you can buy one online.
- 5) Make sure that they get some time to relax
- 6) If your child gets upset or overwhelmed, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like and will calm them down.
- 7) Do not push them to talk about why they upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.
- 8) Provide them with calming/sensory equipment. It can be as simple as a ball of blu-tack or a sensory cube or fiddle toy.
- 9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>
- 10) Do not struggle alone, please ask for help if needed.