



# Social Eyes

## A Vision for Inclusion



### A Social Communication Support and Advisory model

#### **Bensham Manor School: Parent/carer advice – tips on supporting your child**

The aim we all have for every child at the school is to build confidence and independence through supporting self-awareness and all of the life and social skills which support them as they grow through adolescence into independent young adults with choices for their future. The following is a simple set of tips which may help families to support these skills at home in the years to come. We hope they help!!

#### **Personal organisation:**

- ✓ Support your child by having very predictable routines for early mornings, mealtimes, and bedtimes – to begin with, using a visual timetable or schedule may help
- ✓ Involve them in family routines and chores. Participating in family life builds awareness and a sense of growing up, taking on responsibilities and seeing that they are becoming more adult
- ✓ Involve them as much as possible in these routines such as setting out their school clothes, packing their bag before they get into bed, getting the cereal and milk for breakfast, hanging up their coats, packing their PE kit etc
- ✓ Use tick charts for reminders such as returning forms to school, PE days, special equipment, home economics money etc – having a chart in the kitchen or by the front door which they can tick off will build awareness
- ✓ Develop a system for their bedrooms over where items, especially school things are kept and increasingly support them in self managing this area and their belongings
- ✓ When you go out as a family talk through your own organisation for a successful day eg/ keys, phone, money, snacks, umbrella etc to build awareness and involve them with this preparation – again, a list/tick chart will help them to visualise/take on routines

#### **Communication skills:**

- ✓ Talk through social situations with your child whether about school or family/going out about – try and rehearse/act out what to say and how to respond
- ✓ When out and about explain the social behaviours of others and look for opportunities for supporting skills such as buying an ice cream
- ✓ Practice with your child how to communicate with staff and peers, especially how to ask for help and how/when/who to discuss worries with at school
- ✓ Prepare your child for family/friends coming to your house/social situations be open about what they may find difficult, normalise these feelings and work out solutions such as using their bedroom/quiet place but equally how to respond to visitors

#### **Learning skills:**

- ✓ Learning which is best understood and remembered is when practical and part of daily life – look for opportunities such as using time, money, cooking, and shopping to make Maths and English concepts concrete
- ✓ Keep talking about what they have learnt/experienced in school to find contexts at home/when out/about
- ✓ Use your local library, museums, visits, and travel to support the topics/themes being taught at school
- ✓ Use interests, including if computer/online based to support learning concepts and most of all talk
- ✓ Games, especially board games, are an effective way of supporting talk, social skills and number and reading skills

**Share with the school approaches which you are working on with your child. Keep talking and sharing opportunities as above with your child. Encourage their independence in every aspect of daily life even if it is quicker and easier for you to do these things for them instead. You'll only know what they can do by setting up these opportunities. Talk to the school if you are worried about your child's progress and wellbeing.**