

# Behaviour Strategies for Home

In these difficult times we appreciate how hard it is for our children and their families. A lot of our children are struggling to understand what is happening and when things are going to return to normality.

Behaviour for our children is often a form of communication and a way to try and express that frustration.

Please find below a list of top tips, ideas/strategies that we hope you will find useful during this current lockdown:



- Try and establish a routine as this will help your child predict what is happening during their day/evening which will reduce anxiety. Please ask your teacher if you would like any symbols or alternatively use your phone to take photographs to cue your child in to what you want them to do.
- Give your child time to process your instructions; keep them simple as when at crisis point verbal instructions are much harder to process.
- Help to reduce your child's frustration around communicating what they want by giving clear choices/options using the actual object/food you want them to choose between or by using photographs or symbols. Ask your teacher if you need any and they can be sent home.
- If your child is feeling overwhelmed, anxious or agitated think about a safe space that you could use where they could go and settle themselves or somewhere you can direct them to that is comfortable and safe. Perhaps put down some cushions or a blanket that they can snuggle down into or hide away. Please speak to your teacher if you would like to use any sensory strategies/equipment that your child uses at school.
- Have a think about the behaviour you are seeing and what it may be about, or what they are trying to communicate; is it a sensory need? Is it something they can't communicate to you? Is it a social situation they are struggling to understand? Chat to your teacher for advice on how to problem solve a behaviour.

Lastly be kind to yourselves! These are unprecedented times that everyone is struggling with and please remember you are not alone. Give school a call if you want to discuss anything and we will support you as best we can.