

## 2<sup>nd</sup> SEND Update from your Babcock Early Years Consultancy Team

Dear EYFS colleagues,

Welcome to the second Early Years SEND update, we have included information and resources to support you. We would also appreciate your thoughts and questions relating to SEND and inclusion in the early years, so please do forward them to your EYC and we will endeavour to answer them within our SEND updates.

### **Education, Health and Care Plans**

The 0-25 team are continuing to process requests for Education, Health and Care needs assessments. We are keen to have an overview of which children this relates to, please notify your Early Years Consultant if you will be submitting a late request during this term.

### **Nursery Plus**

Many of your Nursery Plus team practitioners are continuing to work from their base school. You can contact them by phone or email if you want any advice regarding children they have been working with. Please remember to electronically send any new referrals by Friday 26<sup>th</sup> June.

Whilst the current situation has had an understandable impact on how services are working, settings can continue to submit referrals for the [Early Years Complex Needs Service](#) and the [Communication and Interaction](#) teams for children who meet their criteria who may not necessarily have a diagnosis of ASD, but are on the pathway.

### **Individual inclusion funding**

Please ensure that you complete and submit funding reviews each term if you need the funding to continue for the following term. Further information and resources can be accessed [here](#)

### **Supporting children with SEND learning at home**

The Department for Education has published advice and resources for parents and carers looking after children with special education needs and disabilities, [available here](#).

**Thrive** is an approach that supports emotional wellbeing. Here are some ideas you may like to share.

## Celebrate your child for who they are!

Children love having parents who are playful, fun, interested and curious about them. Children enjoy feeling important and special and really benefit from having some individual time with parents.

Here are some creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.

Let's help every child



<b>Saturday</b>	Use a finger to draw a flower on your child's hand; extend this to a guessing game with older children by drawing a shape, number, pattern or creature.
<b>Sunday</b>	Dance together: perhaps teach your child a dance you did when you were younger. Be willing to learn one from them.
<b>Monday</b>	Make a den with cushions, blankets, bed sheets, clothes pegs, pillows – anything soft!
<b>Tuesday</b>	Do loud singing then quiet singing, or very active movement then slow movement eg. find your favourite song and create a dance for it.
<b>Wednesday</b>	Use face paints together eg. favourite animals. After painting, wash each other's hands or wipe the fingers free of substance. Or draw each other's faces – you could even do it with your eyes closed!
<b>Thursday</b>	Set-up a treasure hunt: take it in turns to hide things for each other. Or play hide and seek!
<b>Friday</b>	Try some gentle yoga moves. Or explore <a href="http://family.gonoodle.com/activities/around-the-town">family.gonoodle.com/activities/around-the-town</a> or <a href="http://family.gonoodle.com/activities/melting">family.gonoodle.com/activities/melting</a>

**Top Tips:**

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ Don't worry if things go wrong - play can be fun and endings can be difficult.
- ✓ Remember – children learn hugely through play, especially with an adult they love.

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### Health Visitors

There is a telephone text support from the Health Visitor team that parents and carers can access. Here are the details.

### Top tips for supporting children with Sensory Processing needs

Whether children are in your setting or at home, children with sensory processing needs can greatly benefit from carefully planned support. These documents provide useful information and strategies for supporting children with sensory issues and sensory processing needs.

[SENSORY PROCESSING RESOURCE PACK: EARLY YEARS - Working with Children with Sensory Processing Differences in Early Years Settings](#)

### Making Sense of Sensory Behaviour

These ideas are from the Falkirk document above and are possible ideas for calming strategies that can be used for children with sensory needs.

Sitting under a big, heavy blanket	Hands on head and pressing down
Lavender scents	Bear hug
Giving themselves a hug	Slow rocking e.g. rocking chair
Deep pressure massage	Squeezing and relaxing face and/or hands
Tucking legs up and squeezing	Snuggling into a small space
Squeezing and relaxing a small fidget toy	Sucking yoghurt/thick milkshake through straw

### Long term activities

Long term routine calming activities may be part of the day.

Walking (with backpack on)	Press ups or chair press ups regularly through the day
Allow chill out time in a daily routine	Help with moving furniture e.g. pushing sofa – relocating plant pots, hoovering
Help with heavy manual tasks in the garden e.g. digging	Put on a heavy coat or heavy blanket over the shoulders as part of chill out time
Have a corner with favourite sensory activities to go to at any time	Squeeze/rock against gym ball

### Wellbeing tip to support children

1. Try to find time every day to talk to and listen to your child without distractions.
2. Try to find time to discuss and share feelings and emotions.
3. Seek out opportunities to praise your child and their efforts.
4. Help your child to persevere when they find something challenging. Take time to show them how they can overcome problems.

As we all adjust to this new way of working, we are all very aware of the importance of communicating in different ways, and staying in touch with each other. In this way we can help to maintain our emotional well-being, to look-out for each other, and help to allay our concerns and anxieties. As we move forward together we will do our utmost to keep you informed and supported.

The EY Team is available via phone and email throughout this time.

Stay safe and well,

***Your Babcock Early Years Consultants.***

April 30<sup>th</sup> 2020