

## Training & Awareness

**Working Together Team**—Supporting families where a child is having frequent 'meltdowns', has anxiety, is very fixed in their thinking or doesn't like change, has issues around noise, light, clothing or food.

Complete the six steps on this link.

<https://www.wtt.org.uk/page/?title=Families&pid=8>

Explore free training on this link:

<https://www.wtt.org.uk/page/?>

[title=WT+Workshops+for+Parents%2FCarers&pid=76](https://www.wtt.org.uk/page/?title=WT+Workshops+for+Parents%2FCarers&pid=76)

**Virtual Autism Hub**—Specialist Autism Navigators work directly with autistic adults and parents/carers of autistic people of all ages.

<https://www.lpft.nhs.uk/our-services/virtual-autism-hub>

**Lincolnshire Healthy Minds**—Supporting families where a child has anxiety, low mood, low self-esteem, is often angry or does not like change. Complete the free parent workshops on this link:

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

**ParentTalk Helpline**—Action For Children have a support line to offer help for parents on a range of problems.

<https://parents.actionforchildren.org.uk/>

**Lincolnshire Behaviour Outreach / Family Action**—a YouTube Channel full of videos aimed at professionals but also suitable for families wanting to find out more about anger management, demand avoidance, regulating and calming and support in the home.

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLBxSKiWjSK5pKtYMDiYwKXHSjKQ29K4)

[list=PLBxSKiWjSK5pKtYMDiYwKXHSjKQ29K4](https://www.youtube.com/playlist?list=PLBxSKiWjSK5pKtYMDiYwKXHSjKQ29K4)

**ADHD UK** — For families who have children that can be impulsive, aggressive and hyperactive, disorganized, inattentive and frustrated, free webinars are available for parents on how to support them. <https://adhduk.co.uk/?scribybrkr=d4a02aa8>

**ADHD Links** — This Lincolnshire service offers support, training and networking opportunities for families who have children with ADHD. <https://adhdlinks.org/?scribybrkr=d4a02aa8>

## Crisis

If you or your child is at crisis and at risk of seriously harming themselves or others, get help:

**Telephone:** 0808 802 6666

**Text message:** 07537 404 282

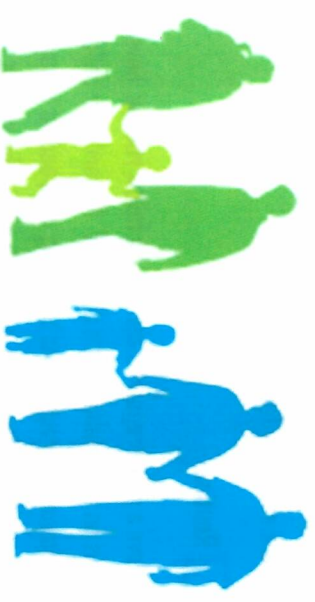
**Email:** [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

At any time, text **FAMILYACTION** to **85258**

## Helping You To Help Your Child At Home



Tips, information, local services and training



Malcolm Sargent Primary School

## Tips

### Sleep

When your child is not getting enough sleep, they will not cope with every-day life and quickly 'burnout', avoid demands being placed on them and be more emotional. It is common for children to try to avoid sleep at bedtime! Have a good routine in place at least 1 hour up to 'sleep time'. This should involve the same things, in the same order every night—and not involve technology or competitive games. Dim the lights. Read or listen to a story or calming music. Spend time helping your child to feel secure and ready for sleep.

### Routine

Have a clear, repeated and easy to follow routine. Have this on a timetable that is displayed. Reward your child for following the routine and becoming independent in any of the steps and jobs they need to do within the routine. Give plenty of warning when a routine needs to be changed.

### Technology

Evidence suggests technology can create challenging behaviour in children. Reduce your child's reliance on technology and replace with practical hands-on activities such as crafts, construction, games, going outside and exercising. Using technology time as a reward instead of the main activity may work to support good behaviour.

### Soft Landing

Some children need to 'decompress' their day at school and adjust from one environment to another. Provide them with space and time to adjust without lots of questions and demands. Allow them time to 'relax' and engage them in things they enjoy doing before attempting to ask them to undertake tasks they will not enjoy doing! A part of the soft landing could also involve grazing on a healthy snack and having a drink as this may also help them to regulate..

### Consistent Boundaries

Children need the security of clear, consistent boundaries and expectations. Keeping the boundaries the same every day can be exhausting for parents! But a confused child who has gained ground on those expectations will inevitably be more exhausting in the long run.

### Be Kind

Whilst remaining firm and clear, always be kind and respectful, even if your child is not able to demonstrate these qualities themselves in the moment. Try not to get drawn into an argument. Have a system and a space to allow them to calm down and be ready to think about what they need to do next to repair and restore. Help your child to develop strategies to regulate their emotions.

### Reward

Good behaviour needs to be taught by you and learnt by your child. Rewarding good choices encourages good behaviour.

## Services

### Look through the Family Services Directory

There are lots of services in Lincolnshire to support families. The directory is the first place to look and can be located here: <http://search3.openobjects.com/ks5/lincs/fsd/results.action?familychannel=1100&sr=0&nh=10>

### Sign Up To The Lincolnshire Parent/Carer Forum

Training, events and meetings are all advertised by this excellent service, supporting families who have children with additional needs, whether they are diagnosed, identified or not. <https://www.lincspcf.org.uk/>

### See Your GP

Always talk to your GP about your child and their challenges at home.