



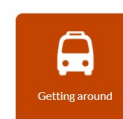
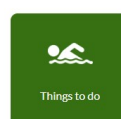
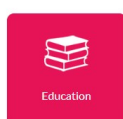
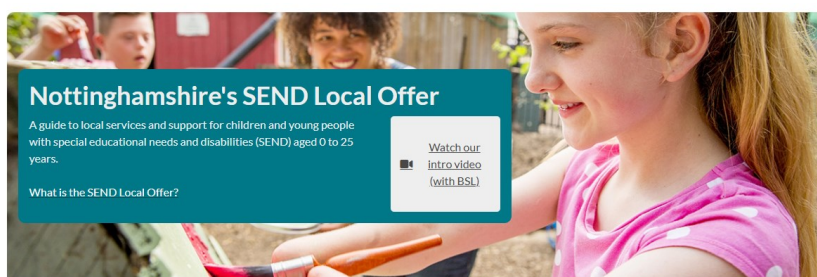
September 2025



We are also going to be looking at some practical strategies around supporting your children at home. September can be a really stressful time for young people, and so we will think about some ideas to help them relax and recharge once they are home.

nottshelpyourself.org.uk

To visit the local offer click here; [Nottshelpyourself | Nottinghamshire's SEND Local Offer](#)





Everyday Tips for a Calmer Home Life



Celebrate Small Wins

Notice and praise the little things; getting dressed, trying something new, or using kind words. It will boost you and your child, as well as building connection.

Plan for Transitions

Use countdowns, timers and visuals to prepare for changes such as leaving the house or switching activities.



Build in

movement

Physical activity helps regulate energy and emotions. Try dancing, stretching, going into the garden or having a walk around the block.



Let young people take the lead

Offer choices

where possible, what to wear, which book to read and so on.

Connect with other Parent and Carers

Remember you're not alone, local support groups and online communities can offer advice, empathy and encouragement.



STRATEGIES FOR HOME SUPPORT

A lot of the time, for our young people, home is their safe place and family are their safe people. Coping with life outside of home is easier when there is a place of safety to return to.

We have looked at some simple ideas to help support children and young people at home.

Create Calm Spaces at Home.

- Make a quiet corner in your child's bedroom, or in a quiet space around the house for your young person to retreat to.

You could use soft lighting from a lamp or fairy lights. (Lava or bubble lamps can also give a visual focus.) Neutral colours to create a calm atmosphere, and sensory tools such as stress balls, pop-its, textured fabric swatches. You could also have noise cancelling headphones or music that helps your child use to relax, and calming scents such as lavender. You might want to put a blanket in, or possibly a wobble cushion or weighted lap pad to provide sensory feedback.



If you want to buy sensory equipment to set up a space at home, you may be eligible for a grant from the Family Fund to enable you to do this. Click on the link below for more information.

[England - Support for Families with Disabled Children \(SFDC\) - Family Fund](#)

Build Routines That Work for Your Young Person.

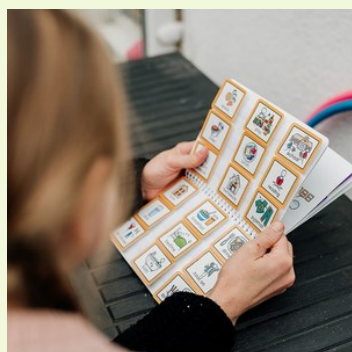
- Many of our young people thrive on structure. There are various strategies to support them with this.

Using a visual timetable or schedule can help your child to understand what is happening now and next. You can also use visuals to support your routines at home, and to help your young person understand them. Lots of structure and routine can give a sense of safety to a lot of our young people.

The following link has symbols and resources to support creating routines or showing activities visually. They can also be used to support your child in making choices and communicating their wishes.
[Schedule-and-choose-symbols-for-home.pdf](#)

Support Communication at Home

- Supporting your child's communication at home means embracing and celebrating their unique communication style, reducing pressure and creating safe, responsive environments. There are some tips on doing this below;



Honour all types of communication—gestures, facial expressions, body language, echolalia or silence are types of communication. Respond warmly and respectfully to all attempts to connect, even if they are non verbal or unconventional.

Reduce the pressure to speak, do not force eye contact, and offer invitations to communicate rather than demands. Embrace scripting or echolalia—these are meaningful and comforting ways for children to process language. Join in with scripts, or use them as a bridge to shared communication.

Follow their lead—tune into their interests and join their play or conversation style. If they communicate through play, or movement, respond in the same way.

Create a calm, responsive environment with time and space for processing—wait longer than you think before prompting or repeating. Use calm tones and predictable routines to support regulation.

Explore AAC tools—apps, symbols or communication books are powerful tools. Use the visuals suggested above to support understanding, and to give children opportunities to communicate without using spoken words.

Model language without expectation—narrate what is happening without expecting a reply.

The link below gives a list of websites and free AAC apps used by speech and language therapists.

[Speech Matters Speech Therapy Our Top 10 Free AAC Apps, Resources and Websites - Speech Matters Speech Thera-](#)

Emotional regulation and Mental Health

- At home, we can focus on building emotional safety and reducing stress for our young people. Interoception is the sense that helps us understand and feel what is going on inside our bodies— like hunger, thirst, or emotional states like anxiety or excitement. Supporting young people to develop their interoceptive awareness is a powerful way to help them understand and respond to their body signals.

You can support your young person to gently build a greater understanding of interoception by using body check ins; “how does your tummy feel?” and by pairing feelings with body sensations; “when I feel worried, I feel a fluttering in my tummy.” Avoid putting pressure on your young person, let them explore at their own pace. Offer calming sensory activities such as movement breaks on the trampoline, or by doing yoga or stretching, and comment on how they make your body feel.

Some children may not feel hunger, pain or thirst in typical ways. Help them to learn their body cues gently, and use timers or visual reminders for meals, drinks or using the toilet.

Build check ins into your daily routine— let’s do a body scan before bed.

Read books and stories that explore body feelings and emotions together such as *Listening to my Body* by Gabi Garcia. [Listening to My](#)

[Body](#) By Gabi Garcia

Narrate your own interceptive experiences; “I feel really cold, I’m going to get a jumper on.” Or “I’m feeling a bit tense, I think I need a stretch.”

Show that it is okay to take breaks, rest or ask for help.

Click on the link for a printable PDF with 30 simple, sensory—friendly activities to help children and young people notice and describe their body sensations.

<https://www.kelly-mahler.com/wp-content/uploads/2024/03/Activity-Booklet.pdf>

- Using a battery analogy

Many of our children experience the world in ways that can be emotionally and physically draining.

The **battery analogy** is a simple, visual way to help children (and families) understand and manage their energy levels throughout the day.

Imagine your child starts the day with a full battery. Every activity they do—getting dressed, going to school, socialising, coping with sensory input—uses up some of that energy. Some tasks drain the battery quickly, while others might recharge it. If the battery runs out completely, your child may experience meltdowns, shutdowns, or emotional overwhelm.

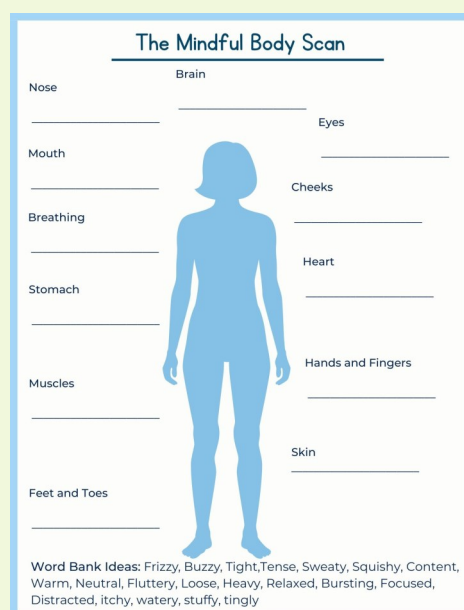
By identifying which activities **drain**, **save**, or **recharge** your child’s battery, you can help them build a more balanced day. This might mean scheduling quiet time after busy lessons, using sensory tools, or simply recognising when they need a break.

This analogy empowers children to understand their own needs and gives families a shared language to talk about energy, stress, and wellbeing.

The links below describe more about energy accounting and how you can use it with your child or young person.

[Managing your brain’s energy - Autism Understood](#)

[Energy Accounting Tool: Understanding Barriers to School Attendance](#)





**Nottinghamshire
County Council**

Schools and Families Specialist Services
Communication & Interaction Team

Mansfield Parents' and Carers' Group

A network for families of autistic children and young people on roll at Mansfield Schools and Colleges (no diagnosis necessary)



Join Joe Butler and Jenny Byrne, specialist advisory teachers from Nottinghamshire County Council's Communication and Interaction Team, to be part of a supportive local network to discuss and learn from each other about 'all things autism'.

Through a mix of virtual drop-in sessions with opportunities to ask questions and chat to other parents and carers, to focused sessions covering the areas that most matter to you, you will find a warm 'neuro-affirming' welcome where autistic differences are celebrated and creative ways to support your child's unique needs are explored.

Monday 6th October 11 – 12am

Updating our understanding of neurodiversity and autism, and what this means for your child. Also thinking about our young people in school – children have been back about a month now. How is it going, and how can we support them to further settle into school?

Monday 24th November 11 – 12 am

Supporting sensory differences, linked in to surviving Christmas – how can we support the sensory overload that can come with Christmas, and make the build up and the holiday itself easier for out neurodivergent young people? We will also consider changes in routine, and how we can support this.

Monday 2nd February 11 – 12am

This session, we will focus on communication and how we can support our young people. We will think about the double empathy theory and also look at some resources and strategies that you can use to help unpick what your child is really thinking, and how you can use this to make sure you get the right support in place.

Monday 23rd March 11 – 12 am

What do we mean by information processing and differences in executive functioning? We will look at the impact of neurodiversity on executive functioning, and also think about some of the skills that we often see in our autistic young people.

We will also hopefully have a chance to look at some frequently asked questions – so if you do have any questions. Please bring them along to the session!

Monday 18th May 11 – 12 am

In this session, we will look at what it means to have an internal presentation. We will talk about masking, and how we can support young people through energy accounting. We will look at what energy accounting means and how do we go about doing it.

Monday 26th June 11 – 12am

In our final session we will think about an external presentation of autism, what this means and how we can support. We will also think about our summer plans; what are your plans for the summer holiday? How can you meet the needs of everyone in the family, and make sure you all get through the summer!

There is no need to book for these sessions, simply turn up and drop in. You can either join in the conversation, or sit there and soak it all up—whatever you are more comfortable with. This is the link to join sessions, and it will be the same each time.

[Join the meeting now](#)



Ask Us provide **free, impartial, and confidential advice** for parents and carers.

They can help with:

- Understanding EHCPs
- Navigating school support
- Preparing for meetings

Based in Nottingham, they support families across Mansfield.

Tel; 0800 121 7772

Or visit askusnotts.org.uk



**SEND Inclusion Service
Cognition & Learning Team**

NOTTS PARENT EVENT: Understanding Dyslexia and Supporting at Home

This 2-hour webinar is suitable for the parents and carers of learners who have been identified as having dyslexic traits

We will cover what we understand by the term dyslexia and the implications it has for learning

We will then provide lots of practical tips for supporting these learners at home

Course Details

Monday, 17th November 2025 – 9:30 a.m. to 11:30 a.m.

VENUE: Taking place via MICROSOFT TEAMS
(joining instructions will be sent out separately prior to the session taking place)

The course presenters will be
Bridget Thornhill and Ruth Screeton from the
Cognition and Learning Team, SEND Inclusion Service (SIS)

PLEASE NOTE: This event is FREE so there is no charge for attending

TO BOOK via EVENTBRITE [Ctrl + Click Link below:](#)

<https://NOTTS-PARENT-EVENT-Dyslexia-supporting-at-home.eventbrite.co.uk>

Closing date: Friday, 7th November 2025

Enquiries – Judith A Knight : sis.sjr@nottsc.gov.uk or Tel: 0115 854 6464