



North Lancashire Directions Group
Booklet available to download from
www.northlancsdirectionsgroup.com/downloads
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Information for families who have children or young people with social communication difficulties.

behaviour
not-alone
strategies difficulties
challenging
advice family nursery
support help
siblings friends child
parenting school
children

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Lancashire County Council Children and Family Wellbeing Service.

Family Support service with bases in Lancaster and Morecambe

Lune Park in Lancaster: 01524 581280

Poulton in Morecambe: 01524 581281

Westgate: 01524 586509

North Lancashire Directions Group Support group
information for families with children with additional needs.
www.northlancsdirectionsgroup.com

07873818153 (Term time only)

ADHD North West Information, advice, and support for families affected by ADHD and associated conditions. 9-week specialist ADHD: Parent Empowerment & Skills Training programme. 01524 411044 Email: reception@adhdnorthwest.org.uk
www.adhdnorthwest.org.uk

Support Programmes

The Incredible Years – For parent carers of children aged 2-10 years. The 14 weekly sessions are designed to help parents/carers manage their child’s difficult behaviour, this includes children with ADHD. Initial home visits are provided, weekly telephone support and a 15th week celebration session. Delivered by Wendy Hart 01524 550650 Wendy.hart@lancashirecare.nhs.uk

Group Triple P (Positive Parenting Programme) For parents and carers of children aged 0-11. Evidence based programme. 5 weekly group sessions, 3 weeks telephone support then 1-week group celebration. Delivered in Neighbourhood centres in Lancaster and Morecambe. Phone Lune Park Neighbourhood Centre 01524 581280

Group Teen Triple P For parents and carers of young people aged 12-19. Evidence based programme. 5 weekly group sessions, 3 weeks telephone support then 1 week group celebration. Delivered in Neighbourhood Centres in Lancaster and Morecambe. Please phone Lune Park Neighbourhood Centre 01524 581280

Stepping Stones Triple P For parents of pre-adolescent children with additional needs with intellectual and physical disabilities displaying disruptive behaviour. 6 weekly group sessions and phone support. Delivered in Neighbourhood Centres in Lancaster and Morecambe. Please phone Lune Park Neighbourhood Centre 01524 581280

Support providers

The Children and Family Wellbeing Service, previously children's centres and Young People's Service, provide services to help families and offer support you may need.

They support families of children and young people from 0-19 years old and young people with special educational needs and/or disabilities up to 25.

Some of this will be in groups and some of this will be with individuals. They offer different services across a range of locations to meet the needs of the local community including:

- Support for individual children, young people or their families
- Parenting advice for mums, dads and carers
- Advice to help you to support your child's learning from birth
- A great place to make new friends
- Connecting with the local community
- Access to specialist support for families with children with disabilities/additional needs
- Advice and guidance on how to keep you and your child healthy
- Sensory rooms

To access this service your family will need a CAF (Common Assessment Framework) document. Please phone Lune Park 01524 581280 for more info.

Introduction

The information in this booklet can offer families advice and guidance on where to get further support for the children in their care.

It is important that all those who care for the child or young person understand their needs and support them accordingly. In this booklet there are some tips on how this can be achieved at home and school.

www.ican.org.uk I CAN's mission is that no child should be left out or left behind because of a difficulty speaking or understanding.

AOK Parent peer support group for children with additional needs with / without a diagnosis aged 0-8. Stay and play for pre-school children term time and up to age 8 during the school holidays. Advice, information and support for parents and carers. Wednesdays 1.00-3.00
Lune Park Neighbourhood Centre LA12LN 01524 581280

Supporting your child at home

Children with social communication difficulties can be sensitive to noise and light. Providing a calm structured environment can help

Using a visual timetable in the home can help provide structure and reduce anxiety around forthcoming events and activities

To encourage social interaction, repeating tasks and activities can help build confidence and enforce any social skills and boundaries you enforce during the process.

Limit the amount of language you use at first especially if introducing something new into a routine or as part of their day. Allowing your child to process information step by step can reduce anxiety and increase confidence. Once the routine or behaviour has been accomplished, you can build on the number of instructions or language that you use.

Creating a space for your child to go to when they need to calm down or to relax in can help. Some families have used a small tent in the child's bedroom, converted a small area in the house, or simply put an over the bed tent on their child's bed. Using sensory toys, soft toys and cushions and blankets can help to make it appealing. Remember less is more though!

Supporting your child at school

Children with social communication difficulties may struggle with being aware of themselves and others, for example understanding cause and effect situations, such as: *If I kick this ball at Luke, it might hurt Luke; if I push Luke, Luke might cry.* Some children are so unaware of others that they will walk into children on the carpet to get to the teacher, oblivious to the fact that they have just trod on one child's hand, hurt another, and knocked a third over!

They may struggle to understand social norms rules and expectations in the classroom. Don't assume that they know how to behave and conform. They may need explicit instructions to understand what is expected.

Your child may need support understanding emotions as they may struggle to understand nonverbal communication. They may also need support making and maintaining friendships.

Help to understand cause and effect of behaviours can also be a great source of help. Comic Strip Conversations are one of the possible ways of doing this.

Keeping communication between home and school going is key especially if you are trying to change or encourage new or different behaviours. Using the same or similar resources can help the child feel confident that the change is positive. Consistency is key!