

Newsletter January 2022

You can contact me by email Lucy.ellis@lscft.nhs.uk or phone 07866 063814 (Mon – Fri 9am-5pm) for any queries about your child's assessment if you are on the North Lancashire Assessment Pathway.

Workshops

BOOK NOW TO AVOID DISSAPPOINTMENT. LIMITED SPACES AVAILABLE

How to understand and support your child's **behaviour**

What this workshop covers...

- Functions of behaviour.
- Strategies to support the relationship with your child.
- Meet other parents/carers experiencing similar issues.
- Anxiety/mindfulness.

31/1/2022 **FULL**

1/3/2022 10.00am-12.00

More dates to be added

How to understand and support your child's **sleep** needs.

What this workshop covers...

- Reasons for sleep difficulties
- Effects on the family
- Sleep hygiene
- Expectations of sleep
- Sleep diaries
- Strategies that may help
- Structure and establishing bedtime routine

17/1/2022 **FULL**

8/3/2022 10.00am-12.00

More dates to be added

How to understand and support your child's **sensory** needs.

What this workshop covers...

- **What is sensory processing?** It is the way the nervous system receives sensory messages and turns them into responses
- **What is the central nervous system?** Processes all the sensory information and helps to organise, prioritise and understand the information.

24/1/2022 **FULL**

22/3/2022 10.00am-12.00

More dates to be added

The above workshops are 1 off sessions lasting approximately 2 hours with 2 members of the Assessment Pathway Team. If you are currently on the Assessment Pathway or have recently received a panel conclusion for your child / young person, please get in touch by email to lucy.ellis@lscft.nhs.uk with the following details

Family Connect Post Diagnosis Session

Family Connect sessions are an opportunity for parents / carers to ask members of the assessment team any questions **following the diagnosis for their child / young person**. We meet on Teams for an hour with a maximum of 6 families per session to allow time for questions. The information we share is around what support might be available local activities and how to discuss the diagnosis with your child / young person. We also share information about the This Is Me programme for young people and how to access advice and support from a range of services.

1 st December 2021	11 th May 2022 7.00pm
12 th January 2022 10.00am	22 nd June 2022 10.00am
23 rd February 2022 7.00pm	3 rd August 2022 7.00pm
30 th March 2022 10.00am	14 th September 2022 10.00am

Please contact Lucy Ellis to book your place. Lucy.ellis@lscft.nhs.uk

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Local Activities / groups

X Height Climbing Wall Salt Ayre Lancaster Thursdays 5.00-5.50 / 6.00-6.50

£6.00 per child aged 5+. Siblings welcome. No proof of diagnosis needed. This session is for children with Special Educational Needs. We use fun sensory activities on the wall to improve climbing ability and confidence. This is also a session that helps to give a comfortable place in which to socialise and raise confidence. Suitable for 5+ years. All children must be accompanied by an adult (Parent guardian/ Carer), non-climbing.



<http://www.lancaster.gov.uk/salt-ayre-leisure-centre/xheight-gravity/xheight>



Reel Cinema Morecambe Autism Friendly Screenings every other Saturday morning (Starting 28/8/21) No proof of diagnosis needed. Siblings welcome.

Films and times vary. Posters with details added to NLDG facebook page a few days before <https://www.facebook.com/NLDGAdditionalNeedsSupport> which can also be seen on the homepage of NLDG website www.northlancsdirectionsgroup.com if you are not on Facebook.



SEN Kicks Football for all session. FREE football for girls and boys in years 3,4,5,6 and have special education needs.

Mondays 5.00pm-6.00pm at Heysham Mossgate Community Centre LA3 2AW. No need to book. Follow on facebook / twitter. Phone 01524 412125 or communityadmin@mfccommunitysports.com



Lancashire Break Time is changing. Please make sure you register your child / young person to be able to access this service from April 2022. From 1st April 2022, this new service will replace Lancashire Break Time (LBT) activities. Every child or young person that wishes to attend after that date **MUST be registered by 21st January**, whether or not they currently attend LBT!

For full details of the eligibility criteria and how to register, visit the Local Offer:

<https://www.lancashire.gov.uk/.../things-to-do/break-time/>



C.H.A.T.S Carers Help Advisory Training and Support, or C.H.A.T.S, is a Morecambe and Lancaster based peer support group. For parents and carers of children and young people experiencing emotional problems or those with mental health concerns. Please email for more information.

Private group to ask questions and share support.

<https://www.facebook.com/groups/598047137613422>

chats_123@yahoo.com



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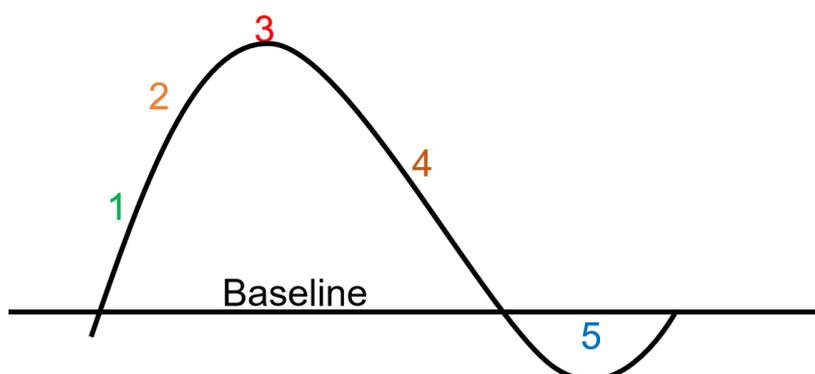
Understanding and managing behaviour

One of the most difficult things for parents and carers to manage is what their child or young person is trying to tell them when they are displaying unwanted behaviours or reactions. The most important thing to remember is that **ALL Behaviour is Communication**. Some of our children / young people don't have the verbal skills or literal words to describe what they are feeling yet. This is as frustrating for our children as it is for parents and carers. It is hard to know whether their behaviour is a choice or whether they cannot control these behaviours.

Another thing to consider is whether the behaviour is serving a purpose. Does the behaviour bring the child or young person comfort? Is it safe – does it hurt anyone? Does it matter that they are doing this behaviour? Pick your battles!

We hear many families reporting that their children display these behaviours after school or when they have seemingly been having a good time and it takes parents by surprise as they haven't seen anything in particular happen. This can also happen after being sociable for a period of time.

To start to understand these behaviours, it can be helpful to try and unpick the triggers, to identify a pattern or reason for the behaviour you see and hear. This is also not always easy to do. There are a number of ways to do this including recording on a calendar / diary or on an ABC or STAR chart when these behaviours happen. (*Links below to download example charts*) You may not always know what the triggers are as your child may process things slower or out of order. The behaviour you see may be because there was 1 final trigger that pushed them over the edge. To help visualise this see the graph below. A Model of Arousal and Behaviour from Clements and Zarkowska (2000) Behavioural concerns and Autistic Spectrum Disorders Page 55



Baseline - Person functioning at optimal level

Stage 1 Something pleasant, frightening or aversive happens and this triggers an increase in arousal. The person may become anxious, angry or excited.

Stage 2 Arousal continues to build. It may build rapidly (over a few seconds) or very slowly (over minutes or hours, even days) depending on the trigger, the presence or additional triggering events and individual differences in "arousability". The person may become irritable, demanding, threatening or abusive, less able to cope with everyday demands.

Stage 3 Arousal peaks and the person loses control. The person may become aggressive, destructive or self-injurious.

Stage 4 Arousal levels start to drop and the person begins to calm. However, further triggers while arousal is fairly high may cause rapid increases in arousal and further incidents as arousal peaks again.

Stage 5 Arousal drops sharply, sometimes falling below the individual's comfortable level, causing the person to become sleepy, tired or miserable for a while.

Baseline Arousal returns to the optimal comfort level.

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Top tips to help manage meltdowns and de-escalate

1. **Don't yell to be heard over a screaming child.** The louder you get, the louder they may get. Your child needs calm and consistency in those moments. Try to model the behaviour you want to see by showing them calm and speak calmly and with a normal tone.
2. **Avoid making demands.** If your child is feeling anger, frustration, upset, confusion, they will not be able to process any demands you make of them.
3. **Remain non-judgemental.** Listen to and acknowledge what they are saying. They need to feel heard, even if you don't agree with what they are saying, they are entitled to their opinion and to express how they have experienced something. Practice active listening, reflect back to them what they are saying "I hear you are frustrated / worried / tired / annoyed" et
4. **Silence.** Just being there can be enough to help them be calm. Equally, they may want to be left alone. If they need silence let them retreat to their safe space. Some children like being under covers, under a table, behind the sofa. Anywhere they feel safe and is safe for them to be.
5. **Be aware of your body language. Sit down with your hands in your lap if you can.**
6. **Decrease sensory input.** You may want to turn off any TV's, iPads, music that is playing as well as reducing lights. If they have LED's or sensory lights like bubble tubes or disco balls in their room, turn them off. All the extra sensory input could be increasing their stress levels in that moment. Anything extra they need to process like noise/sounds and flashing lights will stop them from calming down quickly.
7. **Practice deep breathing exercises.** This can be useful for the child as well as the parent. By modelling this exercise you will also calm yourself down at the time. It is hard to know what to do in those moments when we just want to help our children. Breathing in for a count of 5 and out for 5 or using finger breathing – trace the outline of your fingers on one hand with the finger on your other hand - breathe in as you move your finger up the outside of the finger and breathe out as you move your finger round the fingertip and down. You can do this without words once you have practiced this with your child as well as it's quite a visual technique also.
8. **Avoid using the word "no", answer questions, but ignore verbal aggression.** In the heat of the moment, our children don't mean to use harsh or upsetting words to us. Many children describe these moments as not being able to control themselves, as if they are not really there. If you treat the aggressive words as noise and don't take them personally, you may find your reactions change which also changes the time it takes for your young person to calm down. Your child could be feeling anxious or out of control in those moments, they need us to be the calm stable person in that moment.



Another way to help picture the triggers for a child / young person is by using the Coke Bottle Analogy. In simplicity, you imagine the child is a bottle of Coke. Every time something stressful happens the bottle is shaken. Nothing much seems to change. But the bottle is shaken and shaken. The pressure builds and builds and then once home with their parents, or in their safe space with their safe people, the lid comes off the bottle. All the shaking results in a lot of mess and try as you might, once the fizzing starts, the lid is next to impossible to get back on.



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Resources



Scan this code with your smart phone for free to download **ABC and STAR charts** or go www.northlancsdirectionsgroup.com/challenging-behaviour

Zones Of regulation are a good visual way to help your child / young person find strategies to help them cope with ongoing triggers. <https://www.zonesofregulation.com/learn-more-about-the-zones.html>



Incredible 5 point Scale - Emotional regulation can be defined as the ability to separate your emotional responses to a problem from the thinking you must perform to resolve the problem. The 5-point scale is a visual system that can help to organize a person's thinking when working through difficult moments, particularly those that require social understanding.

Behaviour Support Programmes

If you need support to help with these behaviours, please reach out. There are a number of brilliant FREE to access support programmes locally that are running virtually or in person. YOU ARE NOT ALONE! Please take a look at the different options below and ask for help if you need it.

The programmes below are for North Lancashire families only. If you are from another area, please contact your local Assessment team or Children and Family Wellbeing Service centre for more information.

Epats – Early Positive Approaches to Support - Parent carers of children aged 0-5 with Global developmental delay, a learning disability or autism in the North Lancs or South Cumbria area. 8 week programme via Zoom. (Pre-diagnosis families also welcome) Please contact Jo Raphael at Carlisle Mencap on 01228 674393 or email joanne.raaphael@carlisle Mencap.co.uk

Incredible Years - The Incredible Years was created to help parents/carers with children aged 2-10 manage their child's difficult behaviour including conditions such as ADHD. Often, these behaviours impact on the whole family, leaving everyone, including the child, feeling negatively about themselves. This course will improve your relationship with your child and increase yours, and your child's, confidence.

The Group will run on a Thursday from 9.30am to 12.00pm at Ryeland's House, Lancaster, from March 2022. The Incredible Years course lasts for 15 weeks in total, and does not run during school holidays.

If you are interested in finding out more about the Incredible Years please contact:

Debra Lawless, Parenting Practitioner, CAMHS debra.lawless@lscft.nhs.uk T: 01524 550 650

Janet Stuart, Family Support Worker, Morecambe Bay Primary School
familysupportworker@morecambebay.lancs.sch.uk T: 01524 401 002 (Option6)

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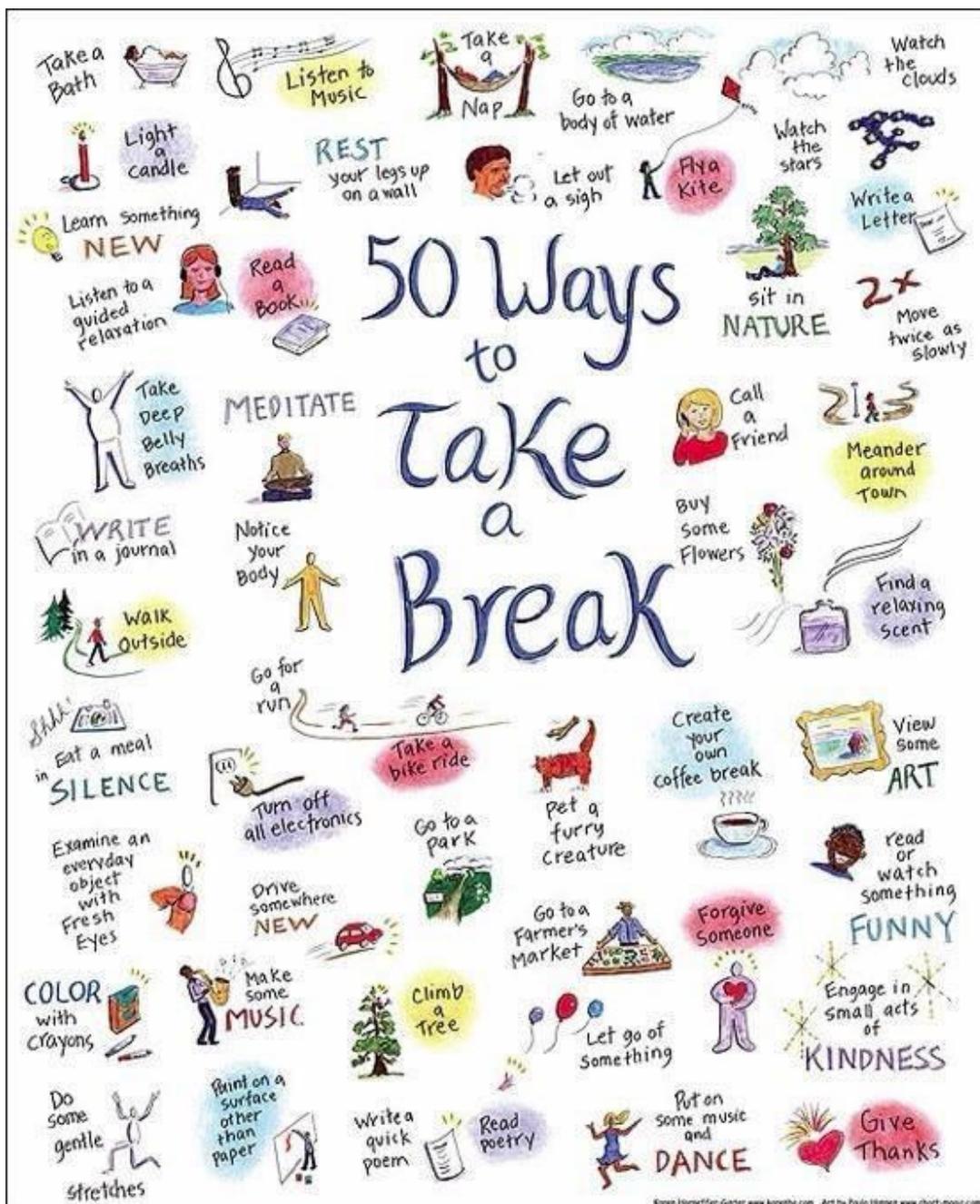
Triple P - Positive Parenting Programme from the Children and Family Wellbeing Service.

Triple P draws on social learning, cognitive behavioural and developmental theory as well as research into risk factors associated with the development of social and behavioural problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

And while it is almost universally successful in improving behavioural problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

Group Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. There is also a specialist programme – for parents of children with a disability (Stepping Stones).

Please contact Lune Park Neighbourhood Centre 01524 581280 or Poulton Neighbourhood Centre 01524 581281



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Any step forward, no matter how small it may seem to others, is a huge step in the right direction. Many of our children make such steps all the time. Sometimes we lose sight of how significant it is **for them**. It's as important to celebrate the small steps as it is the big ones!

If you feel you are struggling and need support for your own mental health, please speak to your GP.

For urgent advice and support call 0800 953 0110

For a range of mental health support charities please go to

[Mental Health | nldg \(northlancsdirectionsgroup.com\)](https://www.northlancsdirectionsgroup.com)

