

Suggestions for Interventions to practise at home!

Need	1:1 Strategies
Emotional Self Regulation	<ul style="list-style-type: none"> - Give your child responsibilities for some things that they believe is important to you - Give your child opportunities to make choices, within limits, and with explicit consequences. - Using a calm box - Multi-sensory objects or activities - Designated 'It's our time' with Parent - Give emotions a name, personality, draw them and make models of them out of clay - Visual prompts and timetables to help structure the day. - Use a Behaviour charts with a feelings rating scale and talk through what is recorded.
Strategies to avoid and resolve disagreements	<ul style="list-style-type: none"> - Positive praise for positive behaviours - Kindness chart - Restorative approaches - Role play with visual objects or small groups of peers. - Calm and relaxed environment with clear behavioural limits - Try to apply de-escalating strategies
Sensory support strategies	<ul style="list-style-type: none"> - Take Sensory Breaks: <ul style="list-style-type: none"> – run and jump around in the garden or at the local park - sit quietly with a blanket or in the Sun - Access to a safe area - Using a calm box - Multi-sensory objects or activities - Practise mindfulness
Issues with low self esteem	<ul style="list-style-type: none"> - Positive praise for positive behaviours/achievements - use positive self-talk and strategies for dealing with criticism - Use 'no blame' language (the numbers one to five) to describe feelings
Improve social skills	<ul style="list-style-type: none"> - Social stories - Kindness chart - Play games that involve turn taking, waiting and understanding rules - Restorative approaches - Role play with visual objects
Improve Maths skills	<ul style="list-style-type: none"> - Learn Times Tables with games, apps - Help with baking or weighing out ingredients - Use a calculator to go shopping
Improve working memory	<ul style="list-style-type: none"> - Matching cards games - Play memory games like "I went to market..." - Maximum of two simple instructions given at a time – break down complex instructions. - Encourage child to repeat back instructions