

# Friends and Families of Forest Way



13/06/22

## Meeting 2

A huge thank you to all those that attended this month's Friends and Families of Forest Way meeting. Once again, it was an excellent turn out and we were pleased to see so many of you there. These meetings will be running regularly throughout the school year so please do come along! We would love to welcome you for a coffee and a slice of cake to discuss a range of topics.

This meeting focused on transition. Change can be exciting, but it can also be scary for many. If a child struggles with a transition it can have a negative impact on their wellbeing and progress. During the meeting, we discussed how children cope with transitions as well as sharing top tips of how young people can develop resilience to change.

**See inside for transition top tips. This includes, going on a holiday abroad and in the UK, bedtime tips and how children can be supported at Forest Way with their upcoming school transitions.**

## Upcoming Meetings

After the summer, we will be offering the following workshops:

Behaviour support

Communication including supporting pupils with AAC devices

Sensory

Early Mathematics

Phonics - Phase 1

Phonics - Phase 2

Relationship and Sex Education

Toilet Training

Transition – Beyond Forest Way

Dates coming soon!

## Transitions at home...

Our meeting began by discussing ways parents can help children make transitions without acting out. Many strategies were shared. Here are some of the useful tips given to us by those that attended.

- Routines are key for things like getting ready for school, starting homework, and bedtime.
- Previews and countdowns can also make a big difference. Every morning, give them a preview of the day. Then before each transition, let them know when it will happen and what they will need to do. For example, you could say, “In 20 minutes, it will be time to finish breakfast and head to school.” Then repeat yourself in 10 minutes and again in 5 minutes.
- Use a visual support system like a traffic light or sand timer to give the child a countdown to what is going to happen next.
- Many parents shared that their child likes to take control of situations, therefore giving the child a choice of two can support them with following a request.
- Use simple, clear language to give instructions.
- When your child does well with a transition, praise them!



## Transitions on holiday...

During holiday times, some parents say they feel pressured to fill the days with adventure, whereas others want to spend time at home. School holidays, although they can be fun, they can be a difficult time for children experiencing changes to their daily routines. Particularly, if you are planning a holiday abroad.

During the Friends and Family meeting, parents discussed useful tips to support others when planning a trip away.

- Pack a going away bag and a return bag. These bags could contain your child's favourite magazines, treats and other items to keep them entertained on the flight.
- Tell your truth! It can be extremely stressful for parents when your child is acting out in a public space. Don't be afraid to make people aware of your child's needs.
- Sunflower lanyards: Wearing a sunflower lanyard at UK airports enables airport staff to recognise that your child has a hidden disability without you needing to declare it. This allows you to travel independently through the airport whilst knowing that if you need any additional support during your journey, any of the staff will be able to support you.



## Supporting my child with transitions at school...

- Use a visual schedule.
- Use social stories for children who have a particularly hard time with transitions.
- Start your planning by gaining the views of the child.
- Consider ALL transitions throughout the day, including the small ones!
- Use a transition object.
- Focus on the excitement of a new start.
- Have a daily emotion check in or use a 1-5 emotions scale.
- Give the child as much information as they need.
- Talk to the new class teacher about what does and doesn't work at home.
- We are here to support you so please do ask us questions if you need to know anything about your child's upcoming transitions.



