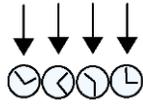


Top Tips for Parents

1. Provide structure



Think about building routines into the day and use visual information. Consider setting aside an area dedicated to working from home and be consistent - stick to the plan or offer choice!

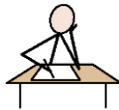
2. Praise the behaviour you want to see



Let your young person know what you want them to do, not what you don't want. Think what might be underneath any challenging behaviours. Imagine the behaviour is the tip of an iceberg - what might be under the surface? Reward charts and social stories can be useful to show what's expected and to help to relieve worries.

3. Provide clear physical boundaries for home activities

Make the working from home area distinct from other areas by using labels, place mats or templates. Work systems or task sheets can help to break jobs down into manageable steps and promote independence.



4. Provide a range of educational and home tasks



There are a lot of websites for help with school work, even for subjects like PE! Check all resources first though and keep online wellbeing in mind. Many schools are sending packs of activities home and providing online material. Remember to offer a balance of screen/book based activities and practical tasks. This could be a good opportunity to build on life-skills such as cooking or using the washing machine! Including your young person's special interests can be a fun way of presenting school work.



Top Tips for Parents

5. Consider online safety



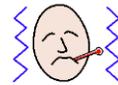
Consider drawing up a home tech agreement to keep everyone safe online. Organisations such as CEOP and Parentzone have some good ideas. Use visual structure such as timers or schedules so children know when, how long and what's next.

6. Provide a range of Self-regulation activities through the day

We all need to self-regulate (calm & relax). Think about using sensory strategies, fiddle toys and breathing exercises. It's important to move the whole body and household chores, heavy work such as carrying the washing, slightly weighted objects or obstacle courses can be really helpful. Spending time on special interests can be a real mood booster.

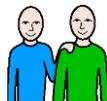


7. Consider how or if you will explain COVID-19



Information about this is everywhere at the moment and can be scary for a young person or yourself. Be mindful how you talk about it in front of your child and think about how much they need to know. They will take their cue from you! Social stories are a great way of explaining things like hand-hygiene, social distancing and school closures.

8. Maintaining relationships



You're probably going to be spending a lot of time together so maintaining your relationships is going to be key. Set time aside to do fun things together and make sure to keep the channels of communication open. You might like to have a "worry box" where people can post their worries for later discussion. You may also need to schedule in time for you all to have some space away from each other-a family daily schedule might help so everyone can see what and when they are doing something along with what everyone else is doing.



Top Tips for Parents

9. Know how to spot the signs of anxiety



You will probably know your child's signs of stress. Addressing it early can prevent things from escalating so look out for changes in mood or behaviour. There are many resources online for mindfulness and relaxation and also forums and support groups. Introducing calm kits and ways to communicate thoughts and feelings might be helpful.

10. Look after yourself



It's important to look after yourself-You can't do all of this if you're not OK! Make use of mindfulness and relaxation apps/websites and accept any offers of help you may get from friends and family. Exercise and relaxation is important for well-being. **Be kind to yourself!**

