

NEWSLETTER

THERAPEUTIC SUPPORT FOR PARENTS AND CARERS.

2020 was an unusual year, and it may seem difficult going into 2021 with the introduction of a third lockdown. The current pandemic has evoked a lot of confusion and anxiety for a lot of people. As parents and carers we understand trying to support your children through such uncertain times may be challenging - especially with new government guidelines and information being altered and changed on a regular basis. As a therapy department within our school, we would like to support our pupils and you their families as best as possible by offering advice and support.

We have been asked a number of questions by parents/carers in relation to best supporting our pupils at home during lockdown and we would like to share our suggestions and responses with everyone. We hope by sharing and communicating with each other we will have a better chance at making it easier for families and pupils at Chaigeley to navigate their way through the current restrictions. The information and resources will be provided by our:

Play & Creative Arts Therapist: Robyn Stuart

School Counsellor: Clair Brewer

Speech and Language Therapists: Jude Inman & Louisa Lightfoot.

Please see our school's website for more information on what we do as a therapy department in school and the services we provide.

We would also like take this opportunity to invite you to email us any further questions that you may have to help support you and your family. You can do this by emailing your questions to;
therapy@chaigeleyschool.org

We will endeavour to answer all questions in future newsletters/email responses keeping all information anonymous.

How can I plan and make days at home easier for my child and family during lockdown while including home learning?

- **Keep structure:** Putting a structure in will help your child to know what is going to happen each day and feel emotionally secure. E.g. morning routine, tv/ film time, get dressed, baking activity, lunch, go for a walk outside/ play in the garden, start preparing tea, tea time, play/gaming, bedtime routine. If your child has been mentally and physically stimulated during the day they are more likely to sleep better at night. **For free visual timetables see;** <https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home>

Or

Don't be afraid to keep things simple. You can just write a list and tick off as you go – there is nothing more satisfying!



- **Make time for each other** – eat together, play a game together or go for walks together. See <http://www.chaigeley.org.uk/wp-content/uploads/2014/05/In-it-Together.pdf> for more tips.

Finally, please see our website under Therapeutic Support for Play/SALT challenges to promote language and communication development for pupils at home during lockdown;

