

SEND Support

This is a list of information websites, tips and resources to help you support your children with their additional needs, learning and self-esteem. Children have varying needs and there is no one size approach fits all. It is quite common for children to have additional needs that span all these areas, so select the resources that meet the needs of your child, without worrying too much about the label or category they fall under. Everyone has strengths and weaknesses and these SEND strategies will be beneficial to many children, whether or not they have a diagnosis.

ADHD	
Information Websites	https://www.adhdfoundation.org.uk/information/parents/ General Info on ADHD - http://www.adders.org/info170.htm Self esteem - http://www.adders.org/info79.htm Managing ADHD - http://www.adders.org/info58.htm
Tips	<ul style="list-style-type: none"> - Offer routines and structure - Create a quiet space for them to learn with no distractions. - Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen. - Ask them to do one task at a time - Provide checklists or visual timetables to support organisation. - Use timers to help with time management and build in frequent movement breaks. - Suggest rather than criticise (children with ADHD often have low self-esteem) - Provide lots of opportunities for exercise and movement. - Set up a reward scheme to encourage them and support them with their behaviour. - Build on success and help children to pursue more of what they enjoy. - Put clear boundaries in place.
Resources	https://www.thebodycoach.com/blog/pe-with-joe-1254.html Play games on consoles such as just dance, Wii Sports etc. to get your kids moving