

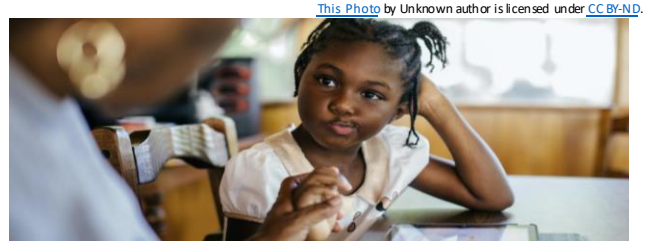
# I'M A PARENT, GET ME OUT OF HERE!

THE HALF TERMLY NEWSLETTER FOR PARENTS/CARERS OF CHILDREN/YOUNG PEOPLE WITH AUTISM

## Here we go again...!!!

*Megan Williams – Autism Advisory Teacher*

My heart sank when I realised schools were going to be shut again. For our children on the autistic spectrum the confusion must feel unbearable at times. It may feel that home is no longer home again for you and your children as remote learning is back with a vengeance. And hopefully this is where there have been some lessons learned!



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The lessons may have got slicker, but schools also recognise many parents are desperately trying to manage their own job from home as well as the usual family commitments. Everyone's circumstances are very different so don't be tempted to compare yourself to other families. If you feel like you're losing the plot, remind yourself you are not a superhero and try to keep things in perspective - this is a time of adjustment for everybody, and you can only control yourself and your reaction to this ongoing situation. Plan in time for things that help you (a bath, exercise, reading a book etc) and try not to let these go. It sets a good example to your children: that it's important to take care of yourself. It may give them some ideas of how to relax if they are feeling stressed. Encourage everyone to get daily fresh air. Try to share how you are really feeling with people you trust. The calmer you feel the more it will help your children



## Remote learning

Back to remote learning! Try and allocate a quiet space free of distractions for your child to access the learning provided by the school. If your child is struggling to engage be realistic. If they have always struggled with homework, then remote learning is likely to be tricky! Is there a chance that they will engage for initially a very short period of time (a small reward or star chart might help)? Could they teach you some of their work? Don't feel confined to the school's curriculum if it just isn't working. Learning takes place in all sorts of ways and if they are reading this will be improving their literacy, or would they listen to an audio book? BBC have lessons on TV in the mornings, which might capture their attention for a few minutes. BBC Bitesize has lots of interactive quizzes and videos. Try making things into a game or a competition. Include learning if you're cooking together (recipes are great for Maths). If you can link in to what they are interested in and perhaps try and sneak a bit of learning in with that.

But at the end of the day, your child will only be able to learn when they feel calm and it may be that now is just not the time. Try to encourage them to keep some contact with school and their peers via whatever medium works best for them so they still feel part of that community. For many children they need to know the school and their favourite teacher is still there. And hopefully this will help make it easier when schools finally reopen.



**Rob Emery** – Autism Advisory Teacher

For those of us 'locked down' with little ones (I have a three-month-old and a three-year-old), juggling childcare and working from home can be problematic at best and incredibly stressful at worst. My three-year-old will regularly run into the room and interrupt online meetings with incredibly urgent matters such as not being able to find his blue car. Some of my colleagues joke that he adds more value to what is being discussed than I do! (at least I hope they are joking!). Nevertheless, I needed inspiration in the way of quick, easy activities to keep him occupied and along came 'Five Minute Mum'.



Pictures from [www.fiveminutemum.com](http://www.fiveminutemum.com)



[www.fiveminutemum.com](http://www.fiveminutemum.com) Is a really great source of inspiration for parents that need quick and easy activities to do with children aged 1-5. The activities are easy to set up, they use things that you are likely to already have, and many have educational benefits as well as being fun. For 4–5-year-olds the code breaker and treasure map activities are great and can be done again and again. For younger ones, colour matching and no-mess sensory play. There are lots of great ideas as well as practical advice and support strategies on things like mental health and speech and language development.

If, like me, you find yourself in need of new ideas and fresh takes on quick activities to keep your little ones busy, then look no further. 'Five Minute Mum' is what you've been looking for.

## Parent Notice Board

In this section we want to share relevant news and information that you might find useful. If you have any news to share please contact us.

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

### Post-16 Choices.

If your child is in Year 11 and are thinking about 'what next?' Have a look at Peterborough City Council's Local Offer and click on the *Preparing for Adulthood* icon.

If your child is in Year's 9 and 10 it might be worth having a look too – you can never prepare too early!

### Yvonne Newbold Webinars

Yvonne Newbold is a parent and a professional with a wealth of expertise in SEND and behaviour. She is currently running live webinars for parents and professionals on a range of SEND topics for £2.50. More here: [yvonneneubold.com/webinars](http://yvonneneubold.com/webinars)

### Check out our other newsletters:

**Cosy Crew** – A newsletter for Primary Aged Children with Autism.

**The Lift Up** – A newsletter for teenagers and young people with Autism.

Available from our [Local Offer Page](#) half termly.

## BOREDOM BASHERS

( IN CASE YOU MISSED THEM )

### RESOURCE

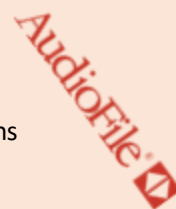
NASA's 'Space Place' has lots of activities and resources for budding astronomers.

[spaceplace.nasa.gov](http://spaceplace.nasa.gov)



### ACTIVITY

Free Audiobooks for Teens (13+). Audiosync provide free audiobooks designed to get teens into listening to books. There are a range of books to choose from: [www.audiobooksync.com/](http://www.audiobooksync.com/)



### SOMETHING FOR ME

The Breathe app is available on android and IOS devices. It offers a range of mindfulness activities including meditations. A good way to begin your mindfulness journey.

