



The Theme for WWY in December was Sensory Processing and Anxiety
**Session for parents / carers with children who do not have ASD /
ADHD**

General Themes Discussed.

- The environment in school can be really difficult for young people with anxiety.
- Returning to school after a long absence can be difficult
- Some young people find it difficult to talk to a councillor
There is currently a lot of pressure on Yr 11 Students to take their mocks. If there are further issues with the pandemic and Exams do not go ahead in the summer, the results from the mocks will be counted.
If you have concerns about your child's mental health and well being, go to our GP or call the Single Point of Access. At CAMHS. If your child is on a waiting list at CAMHS and you are concerned about any changes in their well-being, let SPA know. It is important to update them about any changes.

Top Tips

Returning to school

- The young person needs to get used to the feeling of anxiety. Making the transition from a place of safety (e.g. home) to school needs to be an agreement with your child.
- Make a plan with your child and encourage them, to take control of it.
- Introduce the concept of going back to school by breaking it down into steps – a stepped exposure.
- Steps can be big or small. The end point may be going back into school but the first step may be having a conversation about school. Whatever the steps, they need to be acceptable to your child.
- Start to plan the return to school by getting out their uniform so this feels familiar again.
- It is really important to keep communication open with the school.
- Talk to the school about options for do some Online Home learning or to have a Teams meeting with a teacher.
- Email the SENDCO at your child's school to share your concerns and ask for help. Their email address will be on the Schools Website.
- If you do not get any support from the SENDCo, contact SENDIAAS. They are a small team but will provide advice and support with addressing issues with the school.

Managing pressure in school / sixth Form

- Talk to the school to see if it is possible to put in place some simple changes that would help them feel safe, e.g. smaller room to take exams in, sitting near an exit, having a time out

SEDNIAAS

Supporting parents / carers of young people with SEND

[SENDIASS Oxfordshire | Information, advice & support in Oxfordshire \(sendiass-oxfordshire.org.uk\)](https://www.oxfordshire.gov.uk/re-sidents/children-education-and-families/childrens-services/integrated-childrens-services/early-help-assessment-and-team-around-family/eha-information-parents#:~:text=Team%20around%20the%20family%20The%20early%20help%20assessment,in%20the%20C2%A0Multi-Agency%20Toolkit%20-%20Oxfordshire%20Safeguarding%20Children%20Board.)

Email – sendiaas@oxfordshire.gov.uk
By text – 07786 524294
Advice Line – 01865 810516

Team Around the Family

<https://www.oxfordshire.gov.uk/re-sidents/children-education-and-families/childrens-services/integrated-childrens-services/early-help-assessment-and-team-around-family/eha-information-parents#:~:text=Team%20around%20the%20family%20The%20early%20help%20assessment,in%20the%20C2%A0Multi-Agency%20Toolkit%20-%20Oxfordshire%20Safeguarding%20Children%20Board.>

SEND Family Instincts

<https://www.sendfamilyinstincts.com/>

Free resources, £20 member ship can access more support. They have a template parents to make an EHCP Request.

One Eighty

An Oxfordshire Charity that provides intensive 1-1 interventions for young people whose behaviour causes them to be at risk of exclusion from both school and mainstream society.
<https://one-eighty.org.uk/interventions>

card.

- Find a comforter to use when in class.
- Is there a favourite member of staff they get on well with and can be as safe person to talk to.
- Is it possible to arrange to go into school / college early to meet their tutor / teacher.
- Is there a particular subject to focus on rather trying to join all lessons. Schools will encourage students to focus on English, Maths and Science but this may be too much straight away.
- Think about using some rewards to acknowledge achievements and every step they take, however gradual e.g. positive praise, incentives

Difficulties or unwillingness with young people communicating with their families or engaging with family activities

- Try to make the process of talking with your child special.
- Try to find a neutral space they feel comfortable in.
- Try to introduce your child back to nature or find fun activities to do together e.g. watching a comedy film. This may help them to be more relaxed and help them to open up. It is difficult to be anxious when you are laughing
- Avoid conversations that are stressful. Try to talk about hobbies, things that are harmless.
- It is natural that young people are more likely to open up late at night. There are clear biological reasons for this.
- Try to verbalise what you think they may be feeling rather than asking them to talk about it directly.
- Validating concerns is really important.
- Try to find some code words or signs your child could use to show they are struggling.

Highly anxious reaction to family members testing positive for COVID.

- In a heightened state of anxiety it is difficult to think rationally.
- A Wise Mind is partly rationale and partly emotional. Decisions are made on one side or the other. It is important to acknowledge the emotional side but try and bring in the rationale side.
- Try to have conversations when about concerns when your child is calm. Try to get them to think about ' what is the worse that can happen'.
- Encourage your child to practise skills e.g. breathing, using self soothe boxes, Ice Dives, when they are calm. This will make it easier to use these techniques when they are anxious.
- Help your child to understand that they need to 'ride the wave'. Emotions will go up but they will also come down.
- Ice – Dives are a way of reducing the bodies temperature while focusing on breathing and energy. Putting your face in cold water for 30 seconds , putting frozen flannels on your face / wrists or praying water on pulse points, helps to slow down your pulse. This is then followed by rapid exercise, & quick and fast breathing exercise.

Eating to much unhealthy food

- So long as your child is eating, that is good. Young people will go through phases of eating different foods that can be unhealthy



Do you know what help and support is available in Oxfordshire?

Do you know if you are entitled to access any benefits or grants?

Check out these links to get more information.

[Family Information Directory](http://www.oxfordshire.gov.uk/familyinformation)

<http://www.oxfordshire.gov.uk/familyinformation>

[Family Benefits Advice - Family Support Information](http://www.familysupportni.gov.uk/Support/17/family-benefits-advice)

www.familysupportni.gov.uk/Support/17/family-benefits-advice



