



ADHD UK



CBeebies Parenting Helpline



NSPCC



Rotherham Local Offer



NHS RDASH



Rotherham Specialist Inclusion Team (SI Team)

InclusionSupportServices
@rotherham.gov.uk

01709 334087

www.rotherhamsendlocaloffer.org.uk



How can I support my child?

- Be consistent and offer a predictable routine
- Look for triggers
- Offer time out from social expectations/a safe space
- Practice for different situations



- Practice social cues and body language
- Encourage their passions
- Champion and celebrate your child
- Prepare for change
- Breathing techniques

- Encourage independence
- 5-4-3-2-1/3-3-3 grounding technique
- Enable free time
- Physical activity
- Give them space to self-regulate
- Lower your pace/volume
- Co-regulate before correcting/discussing any behaviours
- Validate their feelings
- Consider if they are hot/cold/hungry/thirsty



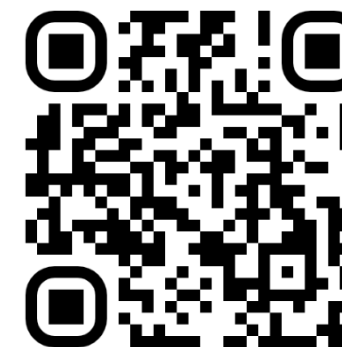
Useful websites



Young Minds



Anxiety UK



National Autistic Society