



Social Communication Team (SCT)

Newsletter, Summer 2024

Welcome to our Seasonal Newsletter, for children known to the Social Communication Team

Seasonal Changes

There are lots of changes as we move from Spring to Summer. For children who prefer predictability and sameness, any changes to the environment and their routine can be highly distressing.

It is helpful to start preparing your child for any changes to their routine or environment in advance, so they know what to expect.



Waiting for your child's assessment?

We understand how frustrating it is to wait. However, there are many strategies which can help all children, whether or not they have received a diagnosis.

Using strategies early will not impact the outcome of your child's assessment.



Seasonal wardrobe changes

As the weather gets warmer, we may change the clothes we wear. Some children may love wearing their winter/spring clothes and find any changes or adjustments to new fabrics very disruptive.

Offering your child choices between clothes to wear can give them a sense of control

For more advice around understanding and supporting children's sensory needs, visit our webpage: [Sensory Needs \(whittington.nhs.uk\)](https://www.whittington.nhs.uk)





Preparing your child for their transition to nursery/school

The Summer term has started! The long break will soon be here and then it will be time to start school in September. There are few things you and your child can do to prepare:

- Talk to your SENCO about ways they can support your child with the transition
- Practice taking the new route to nursery/school
- Store photos on your phone of the transport you will be taking and a picture of the school building. These are visuals you can access everyday when term begins and you can show your child these when practicing the route to nursery/school
- Practice dressing into the new school uniform. Allowing plenty of time for your child to get ready under no time pressure

Helpful reading on supporting your child with moving to school:



[inourplace | Solihull Approach – Moving up](#)

Preparing for activities

The summer break allows more time to be spent outdoors visiting family, taking trips away or just going to the park.

Taking pictures of what you have planned is a great way to prepare your child for a day out.

Use your phone to show a photo of how you are getting there and the place you are going to:

NOW



NEXT



Helping your child communicate what they want by offering choices

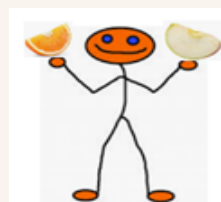
Choice making is something we do daily. Offering everyday choices gives your child a sense of control and opportunity to communicate. Choices are everywhere from what we wear, to what we eat and where we go! So next time you are at the park, offer a choice of activity and when it is time for a break a choice of snack. Point and ask 'Would you like the slide or swing?'



or



Show and ask 'orange or apple?'
Pause and allow time for their response. They might point, say the word or look to their choice.





Activities for children in Islington:

All activities in Islington

Find out about free or low cost activities for children on the Islington Council website. You can follow 'Islington Life' on Twitter, Facebook and/or Instagram to keep updated or visit [Things to do | Islington Council](#)

Bright Start activities for children 0-5

Bright Start run various stay and play groups and activities for young children across Islington. Look out for a group called '**Extra Boost**': A specialist group activity for under 5s with additional needs, who benefit from a quieter space where their individual needs can be met. Click this link to view their current weekly timetable [Bright Start Islington, weekly timetable 2022/23 \(openobjects.com\)](#)



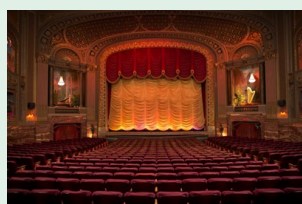
Relaxed performances

Many cinemas and theatres offer viewings which have been adapted to improve experiences for people with sensory and communication needs, or anyone who would benefit from a more relaxed environment. Adaptions may include changes to sound and lighting during shows. More information can be found here:

Cinema: National Autism Friendly Cinema Screenings | Dimensions [\(dimensions-uk.org\)](https://www.dimensions-uk.org/)



Theatre: [Home - Go Live Theatre Projects](#)



SCT Stay and Play

We have a drop in stay and play for children aged 0-5 who have been referred to the SCT, have accessed SENDsory Adventures group and/or have a diagnosis of Autism



- **Dates:** Every Tuesday 10-11.30 term time
- **Location:** Bemerton Children's Centre N1 0DX

For more information, contact:

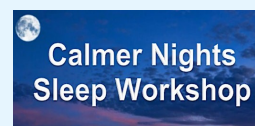
brightstartsouth@islington.gov.uk / 020 7527 4089

Support services in Islington:

Islington Family Information Service (FIS) For information and advice about free early learning and childcare, activities and support services for families with children 0-25, [Find Your Islington | Islington FIS, Family Information Service](#)

Bright Start is a service for children under 5 and their families. They run activities across Islington which include stay and play sessions and parent groups. Further information can be found on their website: <https://www.islington.gov.uk/children-and-families/bright-start-islington-start-for-life-and-family-hubs>

Growing Together: is a service for families in Islington. They run various free workshops which can be booked via eventbrite (here: [Growing Together Events | Eventbrite](#))



SENDIAS provide SEND advice for parents and carers. They also run parent/ carer coffee mornings and themed workshops: [Islington SENDIAS - Family Action \(family-action.org.uk\)](#)

