



Social Communication Team (SCT)

Spring Newsletter

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

Seasonal Changes

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

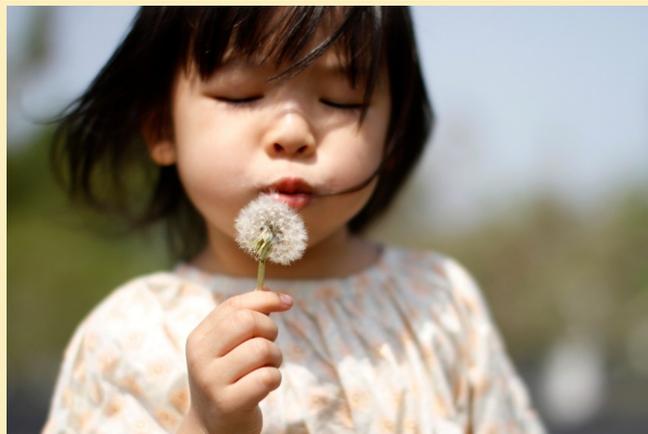
It is helpful to start preparing your child for any changes to their routine or environment in advance, so they know what to expect.



Waiting for your child's assessment?

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.**

For pre-school children, you can also come along to our Therapy & play Sessions (see pg4)



Seasonal wardrobe changes

As the weather starts to get warmer, we may change the clothes we wear. We tend to put away our big coats and thick jumpers and wear something lighter and cooler. Some children may love wearing their winter clothes and find any changes or adjustments to new fabrics very disruptive.

Tips:

- Offering your child choices between clothes to wear can give them a sense of control
- Some children may find helping to pack winter clothes away and unpack spring clothes helps them understand and prepare for changes to clothing.



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



Changes to routines during spring:

Our routines may change in spring. We might spend more time outdoors as the weather gets warmer and the days get longer. There are lots of changes to the environment as leaves grow back on trees, animals come out and flowers start to blossom. There may be new activities to do such as going on nature walks.



More information

Visit our website for more information on [Supporting understanding](#)



Preparing your child for new activities/ changes:

You can prepare your child for any new situations or changes to their routine by showing them what will happen next, using visuals, such as:

Pictures

Here is a picture of a nature walk



Objects

You could show them a leaf



Makaton signs

Use signs while saying the words e.g., say 'let's go for a walk' while signing "walk" - [Try signing 'walk'](#)

Showing a video of a nature walk is another way of preparing them for what you are about to do: [click here](#) for an example



Take your own pictures/ videos for next time

Remember to be **consistent** by using the **same** pictures/ video/ objects for the **same** activity.

Advice and support for parents and carers

SENDIAS

SENDIAS provide SEND advice for parents and carers. This can include help with applications and support during meetings.



SENDIAS also run **coffee mornings and themed workshops** for parents/ carers to connect and receive practical advice.

ASC for Tea

Centre 404 run this group to support parents and carers of children who have received a diagnosis of autism, to connect and receive practical advice.

Click [here](#)



Growing Together:

Growing together offer support around mental health and wellbeing for families with children aged 0-5years in Islington

Click [here](#)

Look out for free workshops which can be booked via Eventbrite by clicking [here](#)



Bright Start family support

The service is for all parents-to-be and parents and carers of children under 5 years in Islington. They can support you with any question by providing advice and/or signposting to other services.



Islington Family Information Service (FIS)

This service offers information and advice about free early learning and childcare, activities and support services for families with children 0-25.



Useful websites to learn about Autism

- [Ambitious About Autism](#)



- [National Autistic Society:](#)



- [Autistic Girls Network](#)
(learn how autistic girls can present differently [here](#))



Activities you can take your child to

SCT Therapy and Play

The group offers an inclusive environment for children not yet in school (aged 0-5), who have been referred to the SCT or have a diagnosis of Autism. Sessions are delivered by Bright Start staff and supported by the SCT.

You will be able to get advice from the SCT therapy assistant, Speech and language therapist or Occupational therapist.

Drop in with your child term time 10:00-11:30am at the following locations:

- Tuesdays: Bemerton Children's Centre
- Thursdays: Hornsey Road Children's Centre



For more information, contact: Bright Start-south@islington.gov.uk/ 0207527 4089

Bright Start activities

Bright Start run various stay and play groups across Islington.

Look out for a group called '**Extra Boost**': a specialist group for under 5s with additional needs, who benefit from a quieter spaces

Click [here](#)



Sensory drop in with free lending library

St Georges Church in Tufnell Park run fortnightly sessions on Saturdays where you can explore sensory equipment for movement and regulation (such as therapy balls, mini trampolines, scooter boards and tents).

Click [here](#)



Many venues offer quieter visits

For many autistic people, shopping and visiting attractions can be a very overwhelming experience. Many venues offer quieter times with reduced noise and lighting

Cinemas and theatres:

Ask your cinema/ theatre if they offer "relaxed performances"

Museums:

Some museums offer quieter visits such as Dawnosaurus at the National History Museum.

Supermarket quiet hours:

Morisons, Asda and Tesco offer quieter visits. Visit their websites for more information.

Newsletter feedback

If you have any feedback about this newsletter and/or suggestions, we would love to hear from you. Please click [here](#) or use the QR code



Websites and resources

What is autism?

SCT website: [What is Autism?](#)



[Ambitious About Autism](#)



[National Autistic Society](#)



[Autistic Girls Network](#)



Behaviour and emotions

- SCT website: [Understanding behaviours that can be challenging to manage](#)



- Toolkit: [Quality of life at home toolkit | Ambitious about Autism](#)



Toileting

- SCT website: [Toileting and Autism](#)



- Eric, Children's bowel and bladder charity: [Home - ERIC](#)



Toothbrushing

- Toothbrushing: [Autismtoothcare.com](#)



Sensory

- SCT website: [Sensory Needs](#)



Communication:

- SCT website: [Communication and Autism](#)



Sleep

- SCT website: [Sleep and Autism](#)



Eating

- SCT website: [Steps To Eating](#)



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