

Social Communication Team (SCT)

Newsletter, Summer 2026

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

Summer changes

Summer often brings changes to routines, such as warmer weather, different clothing, nursery/school holidays, and time away from home. For children who thrive on predictability, these changes can feel unsettling.

Preparing your child for changes in advance can help them 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.**

Click [here](#).



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.

If your child prefers tighter clothing, you could try giving them deep pressure squeezes before dressing them and/or dress them in heavier clothes.



For further information visit our webpage: [social communication team](#) and/or speak to our team at the SCT therapy and play (see details on the last page)





Preparing your child for nursery/school

There are a few things you and your child can do this Summer to prepare for the start of nursery/school in September

- Practice taking the new route to nursery/school
- Store photos on your phone of the transport you're taking and of the school building. These are visuals you can show your child when practicing the route to nursery/school and when term begins
- Practice dressing into the new school uniform, allowing plenty of time for your child to get ready under no time pressure

Free resources :

Audio: [Top tips for starting school](#) | YouTube

Website: [Moving Up: Emotional resilience for new school adventures](#) | Togetherness

Guide: [Transitions in the early years](#) | Autism Education Trust



Preparing for activities

The summer break is great for visiting family, getting away or just going to the park.

Taking pictures of what you have planned is a good way to prepare your child in advance.

Show photos (this could be on your phone) of how you are getting there and where you are going:

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 encourages communication. Choices are all around us, like what to wear, eat, or do. Next time you're at the park, offer a choice of activity or 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.





Advice and support for parents and carers

SENDIASS



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

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

Click [here](#)

Centre 404

Centre 404's Supporting Families Service supports parents and family carers of children and adults with learning disability or autism in North London.

They offer online, telephone and face to face advice and support providing information, advice, guidance and support around understanding disability and entitlements; health and wellbeing; life transitions and income maximisation.

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.

Click [here](#)



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.

Click [here](#)



Useful websites to learn about Autism

- [Ambitious About Autism](#)
- [National Autistic Society:](#)
- [Autistic Girls Network](#)
(learn how autistic girls can present differently)





Activities you can take your child to

SCT Therapy and Play

The group offers an inclusive environment for pre-school children (aged 0-5) known to the SCT. Sessions are co-delivered by Bright Start staff and SCT professionals including Speech and Language Therapists and Occupational Therapists.

Drop in with your child at **10:00am-11:30am** during **term time**:

- **Tuesdays: Bemerton Children's Centre (CC)**
- **Wednesdays: New River Green CC**
- **Thursdays: Hornsey Road CC**



For more information, contact: brightstart@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](#) for their Summer timetable

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 Muse-

Supermarket quiet hours:

Morrisons, 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](#)



Toothbrushing

- Toothbrushing: [Autismtoothcare.com](#)



Toileting

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



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



Sensory

- SCT website: [Sensory Needs](#)



Communication:

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



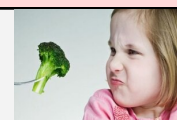
Sleep

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



Eating

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



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