



# Mansfield SEND

Issue 1

Autumn term 1 2024 Mansfield SEND

## Welcome to our first Mansfield SEND newsletter.

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Welcome to our first Mansfield SEND newsletter. We are hoping that this will become a really useful source of information for parents and carers of children with SEND in the Mansfield area.

We will share details of local activities and events, as well as information and useful tips to help with caring for your young people.

### TOP TIPS...



Cut a sticker in half and stick half in each shoe to help children know which feet to put them on.



If your child is anxious it may help to take something from home to school with them, a small comfort object, or a family or pet photo.



If your child finds it helpful to fidget with something, stitching a few buttons to the inside of their tie can give them a discrete way of always having something nearby to fiddle with.

## Focus on the new school year.

Returning back to school after the summer holidays can be a big thing for any child, moving classes, changing year groups, even a new school. New environments and routines, new adults and relationships, as we move towards half term, how can we make sure our children are settled?

- **Give yourself a break!**

It's tough on parents and carers as well! Any situation that is difficult for your child is probably difficult for you as well, so before moving onto the next milestone, think back to all that you have achieved already, and all the problems that you have already solved.

- **Check what is already in place.**

Most schools have things in place to support children with transition, check what your school has done, and ask how things are going. It is still early days, so support may need tweaking.

- **Know how to contact school.**

Know who to contact at school, and the best way of doing this, so you can keep lines of communication open between you and school. As we move on into the year, keep communication going.

- **Set up routines at home.**

Have a regular morning routine for your child to support them before school. Try and keep things calm and organised for them in the mornings. They may need more help with getting their things ready, or going through the day, and so allow extra time for this.

- **Down time at the end of the day.**

Don't expect your child to come in and tell you about their day, or answer lots of questions. Be there to listen if they do want to talk, but they may need to chill out and have time to themselves, doing things they find calming or relaxing. Others might appreciate a trip to the park to get rid of some of their pent up energy. Whatever works best for your child, but don't put pressure on them—they are probably exhausted!

Article by Dr Naomi Fisher

## What if this never changes?

**This article from Dr Naomi Fisher looks at the fears we have as parents, and how those fears can take us away from meeting our children where they are, and enjoying them just as they are, in the present. Our children don't need changing, they are wonderful just as they are now.**

When I work with families, one of the things they are most worried about is this.

'What if this never changes?'

This worry starts early.

'What if they never learn to sleep on their own?'

'What if they never self-soothe?'

'What if they never play independently?'

Then later.

'What if they never start to 'use their words'?''

'What if they always lie down on the pavement and scream when I say no?'

'What if they never 'learn to share'?''

And of course, the whispered, secret subtext. Buried so deep that you might not even notice that it's there.

*'And what if it's all my fault?'*

This worry haunts parents. When four-year-olds are aggressive, or six-year-olds violent. When eight-year-olds have no friends, and ten-year-olds don't want to do anything except play video games.

It's hard enough right now – but the hardest part is the little voice which says *'and what if it's like this for ever?'* We imagine our children as violent and unhappy adults, and it terrifies us. We imagine them blaming us, and everyone else around us blaming us too. We live in fear of



**We can meet them where they are.  
We can show that we love them, just  
as they are.**

Their brains change, and what they are capable of changes too. Children who hit and bite can grow into compassionate adults who care for others. Those who want to do nothing but play video games become interested in and learn all sorts of things. This isn't made more likely by punishing them for their immaturity.

We can't control the people they will become. We can only do best we can, with the child we have now. The four-year-old who can't yet control their aggression, and the eight-year-old who finds it easier to relate to adults.

We can meet them where they are. We can show them that we love them, just as they are. And in that way, we can hold open the possibility of change.

the future, and it poisons the present.

The irony is that that little voice makes parents panic, and when we panic, we tend to put on pressure. We become less responsive, put the baby down and ignore their cries or shout at the five-year-old who has just pushed her sister off the sofa.

'They have to learn' we tell ourselves. And when they don't 'learn', we feel even worse.

It's hard to imagine your child as they get older. They are so much themselves right now. But children change dramatically as they grow.

For one thing is for sure. When they are adults we will not be able to go back in time and respond compassionately to the children that they were.

The only time to do that is now.



DR NAOMI FISHER

# Mansfield Catch Up.

News and events from around Mansfield.

## Drop-In Events for Parents and Carers of Autistic children (no diagnosis necessary).

Are you interested in meeting other parents of children with Autism, and spending time chatting about things that are relevant to you?

Would you prefer to meet in person or virtually?

Are there any particular areas you would like support with?

The Communication and Interaction team in Mansfield are looking to re-launch parent/carer drop in sessions, and we would like your input. If you've got a couple of minutes, please click on the link below or scan the QR code to fill in the questionnaire to let us know what would work best for you.



Thank you.

<https://forms.office.com/e/G58JyB4zSJ>

## NEW HOME FOR SHERWOOD AREA PARTNERSHIP



Sherwood Area Partnership (SAP) are a partnership of 50 primary schools in the Mansfield and Sherwood areas of Nottinghamshire working together to support children with social, emotional and mental health needs.

They have been very busy over the last few weeks moving into their new office base where for the first time

they will have a space to work with children. The new office is at Meden Vale sharing Welbeck Federation's site.

They also have a new Family Support Worker, who is currently working on putting some packages of support together for families.

It is a really exciting time, as the partnership will be able to develop the work they can offer schools and families in their new building.

Watch this space or see their website for more information.

[Home | The Sherwood Area Partnership](#)



Schools and Families Specialist Services

Cognition & Learning Team

### PARENT EVENT: Understanding Dyslexia and Supporting at Home

This 2-hour webinar is suitable for the parents and carers of learners who have been identified as having dyslexic traits

We will cover what we understand by the term dyslexia and the implications it has for learning

We will then provide lots of practical tips for supporting these learners at home

#### Course Details

**Tuesday, 26<sup>th</sup> November 2024 – 9:30 a.m. to 11:30 a.m.**

**VENUE: Taking place via MICROSOFT TEAMS**  
(joining instructions will be sent out prior to the session)

The course presenters will be **Bridget Thornhill** and **Ruth Sreeton** from the Cognition and Learning Team, Schools and Families Specialist Services

**PLEASE NOTE: This event is FREE so there is no charge for attending**

**TO BOOK via Eventbrite Ctrl + Click Link here below:**

<https://www.eventbrite.co.uk/e/notts-parent-event-dyslexia-at-home-tickets-950830588887>

**Closing date: Friday 15<sup>th</sup> November 2024**

Enquiries – Judith A Knight : [sfss.sjrw@nottscc.gov.uk](mailto:sfss.sjrw@nottscc.gov.uk) or Tel: 0115 854 6464

Book soon as places are limited.