

## [Fortnightly Communication for Parent/Carers – 03.06.2020](#)

Dear Parent/Carers,

We hope you enjoyed the lovely weather during the half term break and are safe and well. We have organised some online courses for you focussing on resilience, sibling support and transition. To support you with the challenges associated with the relaxing of lockdown measures. You will find further details in this communication, along with information from other local service providers.

DSPL staff are working from home looking for creative ways to keep support for children with additional needs moving forward. We are delighted to have been able to find and fund on line training. We are now looking at how support for schools, families and children can be provided in September in light of the likely social distancing requirements. We would love to hear from you about what type of courses and support you think would help during this period. Our parent reps are also attending virtually our sub groups and board to provide a parent voice and are happy to talk to parents if you would like to share views on services in Dacorum.

Be safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Email – [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

### ADD-vance Online Seminars

We are pleased to offer the following New Online Seminars from ADD-vance. To book your place, please click [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)



Dacorum DSPL Area 8 are pleased to present

### **NEW Online Seminars from ADD-vance – The ADHD and Autism Trust**

**Preparing Children with ADHD/Autism to Go Back to School after Lockdown**  
Tuesday 16<sup>th</sup> June 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support neurodiverse children to return to school. We will cover basic principles and specific ideas relevant to children of all ages.

**Preparing Children with ADHD/Autism For the Transition from Primary to Secondary School**  
Tuesday 23<sup>rd</sup> June 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support neurodiverse children currently in Year 6 with their transition to Secondary School.

**Supporting Siblings of Children with ADHD/Autism at Home**  
Tuesday 30<sup>th</sup> June 7.30-8.30pm

This one-hour seminar will give parents/carers an insight into the needs and experiences of siblings and explore ways of meeting those needs.

**Supporting Neurodiverse Young People with the Transition to Adulthood**  
Tuesday 7<sup>th</sup> July 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support their young person with preparing for adulthood, including planning for the future, post-secondary education, vocation and employment, independent-living skills and local adult services.

*Each seminar will include a 40-min presentation followed by 20 mins of questions and answers led by Specialist ADHD/Autism Trainers from ADD-vance. A summary handout and list of suggested resources will be made available to participants by email afterwards.*

To book, please click [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)

Places are limited, so please do book early to avoid disappointment.

Please note that this course is only open to Dacorum parents/carers.

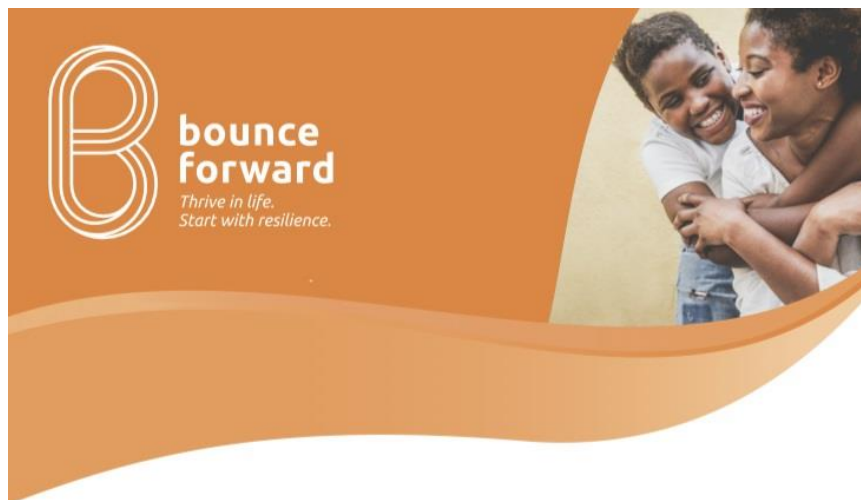
*(Click on the photo to enlarge)*

## **Raise Resilience Free 6-week online course for Parent/Carers – Bounce Forward – Limited spaces remaining**

We still have a few places available on the free 6-week online course, Raise Resilience by Bounce Forward. Book now to secure your place.

These sessions take place on Wednesday 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June & 1<sup>st</sup>, 8<sup>th</sup> July and Thursday 16<sup>th</sup> July, 11am -12pm. If you are unable to watch a live session, these will be recorded and sent to you after so you can watch them in your own time.

To book your place, please click on the following link - <https://bounceforward.com/raise-resilience-dacorum-parents/>



### **RAISE RESILIENCE**

Helping Children Thrive at Home

#### **A six-session course with worksheets**

The coronavirus lockdown has caused millions of children to be home for an indefinite amount of time. Children and teenagers can find this difficult for a whole host of reasons - leaving them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents, help their children cope with uncertainty to thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

“ So useful to have tangible, written down, step by step guidelines to follow! ”

**Fully Funded by  
Hertfordshire DSPL 8**

[LEARN MORE & SIGN-UP](#) >

*(Click on the photo to enlarge)*

## **Preparing Your Child for the First Day Back in School**

Practical Calm advice to help Prepare your Children for their return to school.

### **Preparing Your Child For the First Day Back in School**

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

|  |  |
|--|--|
| <p><b>Be Calm.</b></p> <p>Your child will take their lead from you and be reassured if you are steady and matter of fact.</p>   | <p><b>Be Curious.</b></p> <p>These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "It's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"</p>                                        |
| <p><b>Be Positive.</b></p> <p>Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.</p>   | <p><b>Be Thankful.</b></p> <p>Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them</p>    |
| <p><b>Be Supportive</b></p> <p>Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them throughout the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.</p>  | <p><b>Be Prepared.</b></p> <p>Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.</p>  |

www.traumainformedschools.co.uk

**TRAUMA  
INFORMED  
SCHOOLS**

*(Click on the photo to enlarge)*

## **Youth Webinar**

The Coronavirus webinar for Hertfordshire young people took place on Thursday 14 May 2020. You can watch a recording of the webinar below:

<https://www.justtalkherts.org/News/Youth-webinar.aspx>

## **Herts Parent Carers Involvement**

You can check out our latest email to our HPCI members, containing the latest HCC leaflet for parents and carers around reasonable endeavours and EHC plans below.

Latest Email News - <https://www.hertsparentcarers.org.uk/29th-may-2020-return-.../>

If you would like to become a HPCI member you can join via our website link here - <https://www.hertsparentcarers.org.uk/get-i-.../become-a-member/>

**Space**

**SPACE Check in Chat for June:**

Hemel Hempstead and St Albans - Busting those EHCP myths with Team SPACE

<https://www.eventbrite.com/e/st-albans-and-hemel-online-check-in-and-chat-and-ehcp-myth-busting-tickets-105600588202>

**Newsletter:**

**2020**  
**COMING UP... FOR FAMILIES**

**MAY**

**MON 25<sup>TH</sup>**  
MINECRAFT TUTORIAL  
FB POST

**TUES 26<sup>TH</sup>**  
STORY TIME  
FB POST

**WED 27<sup>TH</sup>**  
LIVE MINECRAFT FAMILY QUIZ NIGHT  
6pm - 7pm  
Booking Required

**THURS 28<sup>TH</sup>**  
COOKING TUTORIAL  
FB POST

**FRI 29<sup>TH</sup>**  
CREATIVE FRIDAY SPACE THEME  
2pm - 4pm  
Booking Required

**SAT 30<sup>TH</sup>**  
STORY TIME  
FB POST

\* Can be subject to change, correct at time of printing.

**SPACE**

**LOCKDOWN LOWDOWN**  
*LIVE - LEARN - LAUGH*

Welcome to the new **SPACE** Lockdown newsletter!  
We have taken feedback from the families and professionals we work with and have noted that you can miss some of the things we offer as the open and closed facebook pages are so fast paced. We are now offering more online, either live or pre recorded! We have some great online activities with our young **SPACERS** including story time, Minecraft Mondays and weekly quiz time.

**WATCH THIS SPACE! FOR QUIZZES INCLUDING POKEMON, DISNEY, FORNITE AND MORE**

We had a fab Harry Potter Quiz, a few photos of the **SPACE** families who joined us ... well done, we hope you enjoyed it!

50 out of 55 for this quiz team. Thank you very much we had a lovely time.

If you need any further information then please email: [spaceherts@gmail.com](mailto:spaceherts@gmail.com) or check Eventbrite, our FB page & group

**#SPACEhometogether**

**Issue 1**  
**COMING UP... WORKSHOP/COURSES**

**MAY**

**TUES 26<sup>TH</sup>**  
DSPLS SENSORY SIGNS & SIGNALS  
7.30pm - 9.30pm  
Booking Required  
For Professionals

**WED 27<sup>TH</sup>**  
SPACE SENSORY SIGNS & SIGNALS  
TBC  
Booking Required  
For Parents

**UPDATES**  
Its great to see so many parents and professionals accessing our latest online SENSory workshop  
More workshops and courses coming soon

**TIP OF THE WEEK**  
"Give yourself a break! Neurodiverse adults homeschooling neurodiverse children can create a lot of tension. Don't forget to find support via friends, at our check in and chat sessions or on the closed SPACE facebook page if you need to"  
- Karen.S

**SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM, ADHD, RELATED CONDITIONS**  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2179

(Click on the photo to enlarge)

**Autism & Coronavirus**

Take a look at the useful links that you may find helpful regarding Autism and the Coronavirus:

<https://petervermeulen.be/2020/03/16/autism-and-the-corona-virus-20-tips/>

<https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>

**Learning Disabilities, Autism and Internet Safety: A Guide for Parents**

This guide outlines some suggestions to help parents limit the risk of their child having negative experiences online and understand what action can be taken if they do. Click on the link to take you to the guide:

[https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf?fbclid=IwAR2OL5jXgyUX\\_RRoOTKE74mAAOGBrrpEX4qHnyRnRcwP1CzGFoTiHXDog7w](https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf?fbclid=IwAR2OL5jXgyUX_RRoOTKE74mAAOGBrrpEX4qHnyRnRcwP1CzGFoTiHXDog7w)