

Changes and what stays the same Education

Prepare
Plan
Practice
Scaffold
regulate and recuperate

Autism + environment = outcome
Dr Luke Beardon

What changes and what stays the same ?
Tasha of Dreambox Education – see final page

Think about
Safety / Trust
Autonomy
Environment
Energy / fatigue
Processing
Regulation breaks / load / build in – not as
rewards
Sensory – Clothing and environment
Communication

Explore

This time of year brings lots of changes to plan for, reviews and decisions!

From Annual reviews to changing class, school, provider or at home or moving on to further or higher education.

Moving onto the next stage and being able to know what to expect and to plan ahead helps
from getting the uniform early and washing it till its comfy!
practice visits to the new space or photos \ video \ map
small steps

In September we have an online explore session on settling in
and our Cuppa and Connect sessions face to face

PACT signpost Education Page has links to support and Information

- Education from under 5 to 18 (including not in school / home Ed / EOTAS/C)
- Education pathways from 16 into adulthood
- Employment and Apprenticeships

Useful booklets for your child / you

- Going to my new class - a booklet from Reachout ASC
- Going to Secondary school - A booklet from Reach out ASC
- SNAP's Moving to Secondary guide

Websites with information, podcasts and videos

- Navigating education - Autism central series for Parents and Carers by Naomi Fisher and Eliza fricker, includes information about attendance, alternative education and more.
- Getting help at school - Autism Central
- Essex Local Offer - one plans what are they and how are parents involved

Books that might be useful to read -

Can't not Won't by Eliza Fricker - About a child who couldn't go to school

Explore what stays the same ?

Some wise words from Tasha at Dreambox education

The biggest mistake I see people making with End of Year Transition booklets is only talking about what's changing!

As another school year draws to a close it's almost inevitable that your SEND child is going to get sent home with a transition booklet. Over the years I've seen some amazing creations and some that quite frankly weren't worth the paper they were written on.

But even the best transition booklets have all missed these crucial details: The things that will stay the same!

Have you ever been to a restaurant to find it's been refurbished, I bet you wondered if they still served your favourite dish?

Has your favourite brand ever changed their packaging design, I bet you wondered if the product you loved had been changed too?

It's a natural chain of thought. If one aspect of something is changed we'll naturally wonder if other things have changed to and consequently something that was familiar and safe now feels unpredictable.

The purpose of a transition booklet is to ease the transition into the new year, to make it more predictable. But if we only include details of what will change and don't make it clear what will stay the same it's impossible for the book to do its job.

Now, obviously we can't include every last detail or we'd be creating transition booklets that would rival 'War and Peace'.

**What are the things in school that help your child feel safe and secure?
What are the things they often mention? These are the facts you want to include, whether they are changing or staying the same!**