

Settling into educational changes

It takes time to settle – adjusting to changes

change in routine / environment / people

Give time to adapt – for all of you

Allow wind down, rest and recuperation

May need other activities/demands reduced

clear information / visuals/ written

Think about

Building connections – working as a team

Observe and record – look for patterns

Plan ahead – set a date for a meeting

Think about what works for your child, their strengths and needs.

support and scaffold

Small changes can make a difference

what's important right now ?

what can we work towards ?

Explore

Sharing lived experience – from our team

Everyone is different – you will find what works for you

Planning holiday / time out with your employer / understanding Carers leave

“my partner takes a couple of days leave to help manage new school runs”

“my friend helped by meeting my children – to give me time to talk to the L.S.A”

Lowering expectations at home for you and your family

“you don’t need to clear your plates away this week or put your things away ”

Be kind to yourselves – stop when you can – look for Glimmers

“It took me time to understand that no change can feel like a lot too – noticing others going back to school and finding our own rhythm at home ”

The cleaning can wait or ask for some help

“My mum in law used to take my washing and ironing at the start of terms”

**Expect some areas may look like they are going backwards,
know this is adjusting to new things and will return.**

Links to support and information

On the 30th September we have an Online Explore session

–a new term / year at home or school or other [book here](#)

Check our [signpost](#) for more links and information on education and employment

no school place – [ipsea information and guidance and template letters](#)

[Back to school hub from ipsea – template letters , guidance on law](#)

FAQ sendiass – [what do i do / what happens and more](#)

Autism central – [Navigating education](#) and [health and wellbeing](#)

Essex Educational psychology information and their helpline – book a call

Essex Local offer – [making a plan to support your child](#)

What is a one plan? – [Information and guidance from sendiass including a video](#)