



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

know your knowlege of your child / yp is valuable

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 as the demands increase in going back to education

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 ”

Cut back on tasks that can wait / ask for some help / pace yourself too!

**Expect some areas may look like they are going backwards or staying the same
know this is adjusting to new things and settle in time**

Links to support and information

Check our [signpost](#) for more links and information you can [contact us](#) too!

[Barriers to Education](#) – lived experience and information

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 tobook a appointment

[Essex Local offer](#) – information, peer support and free workshops, send Roadshows

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