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## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

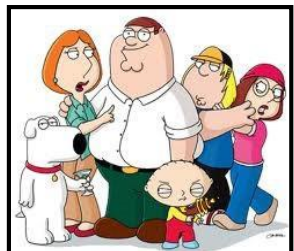
# Top Tips for Parents Supporting Children with Social and Communication Challenges



Social and Communication disorders are lifelong, invisible developmental conditions and ones that will often be accompanied by challenges with learning and social situations. The main aspects that affect children, young people and adults with this condition are:

- The impairment of social relationships and social interaction
- The impairment of social communication
- The impairment of imagination and the inflexibility of thought

The challenges cover a wide spectrum and one person with the condition may be affected in a very different way to another. The following are recommendations provided from a Parent Support Specialist:



- Keep language and instructions clear, simple and brief
- Ask them to repeat instructions to ensure their understanding
- Use visual guides and avoid relying on memory
- Emphasise what is relevant
- Build in routine
- Undertake one task at a time and break it in to manageable steps
- Avoid open ended tasks
- Expect them to be responsible, if they fail to meet expectations check:



- Their understanding
- Whether something out of the ordinary has happened
- If they were distracted by something
- Remove distractions
- Use positive instructions
- State the obvious
- Reteach skills in each new setting
- Find their area of interest and use it to boost confidence

# Supporting Children with Social and Communication Challenges



KEEP  
CALM  
AND  
SAY  
I LOVE  
YOU

Social and Communication challenges affect many children and their families. The behaviours that are associated can impact every aspect of life. Behaviours are often identified through people being inattentive, impulsive and hyperactive. Some behaviours can be devastating for families and can often cause a lot of stress and emotional impact.

The following are recommendations provided from a Parent Support Specialist:

- Stop comparing with others and look for positive praise and positive attributes
- Choose your battles and try to ignore some poor behaviour if it is safe to do so
- Choose timing, discuss situations when calm
- Listen to them and acquire new responses
- Develop firm and consistent boundaries that are fair
- Use appropriate behavioural tools and strategies
- Give praise and support whenever possible
- Give constant reminders
- Avoid springing transitions and changes on them—use a timer for younger children. Pre warn of any changes well in advance
- Avoid laying traps for failure—Believe your strategies will work
- Be persistent and consistent in your strategies
- Keep instructions simple and use lists if complicated, use one instruction at a time
- Limit choices
- Identify stress triggers and plan accordingly
- Make changes to daily routines gradually—this provides predictability and security
- Avoid making idle promises and threats—credibility and consistency will be lost
- Express pride in their achievements

Behaviour changes often begin with parents and carers focusing on praise and reward. Find many different ways to offer praise and encouragement. Praise them for who they are as well as for what they may do. If behaviours become particularly challenging, address the behaviour you don't like and not the child that you may find difficult.



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