



Early Intervention Tips and Strategies:

Some suggestions to address some of the concerns and answer some of the questions you may have:

Area of Concern	Suggested advice / guidance.
Finding out more about autism.	<p>The National Autistic Society website is a great place to find helpful information about autism. W: https://www.autism.org.uk/</p> <p>It can often help to read about other children’s experiences of Autism. ‘The Reason I Jump’ by Naoki Higashida is an excellent book written by a boy with Autism about his experiences.</p> <p>The youtube video Amazing Things Happen is a very helpful short summary of Autism: https://www.youtube.com/watch?v=7JdCY-cdgkl</p>
Finding out more information about ADHD.	<p>Up to date information and resources be found on the Essex Child and Family Wellbeing Service website. w: www.essexfamilywellbeing.co.uk/team/attention-deficit-hyperactivity-disorder-adhd-nurse/</p> <p>Other helpful websites include: Living with ADHD w: www.livingwithadhd.co.uk ADD-vance w: www.add-vance.org ADDISS w: www.addiss.co.uk CHADD w: www.chadd.org Great Ormond Street Hospital for Children w: www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/attention-deficit-hyperactivity-disorder-adhd</p> <p>The Youtube “What it is like to have ADHD” is a very helpful short summary of ADHD. https://www.youtube.com/watch?v=HI7Ro1PUJmE</p>



<p>Getting local support</p>	<p>The local charity PACT for Autism is run by parents of children with Autism and ADHD (Attention Deficit Hyperactivity Disorder). They can offer support and advice about a wide range of topics, even before a diagnosis has been confirmed or ruled out. They run a helpline and parent meetings, plus activities for children and young people. Find out more here: https://www.pactforautism.org.uk/</p> <p>Another local charity is called Families in Focus. They provide advice and support with Educational issues and/or benefit advice and support with filling in forms (DLA, PIP, Carers allowance). They also provide sibling groups and activity clubs. Find out more information here: http://www.familiesinfocusessex.org.uk/whats-on/</p> <p>If you have a child aged 0-25 years with a Special Educational Need in Essex, the SNAP charity provides a range of online resources, activities and services for parents and carers https://www.snapcharity.org/</p> <p>Accuro is a small local charity providing specialist services for children and young people living with a disability in West Essex. http://www.accuro.org.uk/about/</p> <p>There are some groups where children with additional needs can play together and parents/carers can meet and chat with visiting health and education professionals. Please contact your local family hub to find out what is currently running: http://essexfamilywellbeing.co.uk/service/healthy-family-service/family-hubs/</p>
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<p>Emotional difficulties/ “meltdowns”</p>	<p>Many people with neurodevelopmental difficulties have ‘meltdowns’. These are times when a person has an intense response to overwhelming situations. This webpage provides helpful information about meltdowns and how you can help: https://www.autism.org.uk/about/behaviour/meltdowns.aspx</p> <p>Children who have frequent tantrums and meltdowns often have difficulty knowing how to manage their feelings, or communicate about their needs.</p> <p>It is recommended that children with additional needs are supported in a positive way; this means, focussing on helping the child to become more able to communicate their needs, and manage feelings. It also is helpful to think about the child’s environment and whether any changes can be made to reduce stress.</p> <p>West Essex EWMHS (Emotional Health and Well-Being service) and Family solutions have developed introductory sessions that discuss the basics of child mental health and emotional well being. Time is given to questions & further thinking about how parents can support their children to develop positive emotional well being. Similar sessions are available for professionals. To book, please contact administrator Lewis Ball @ West Essex EWMHS on: Email: HarlowHubAdmin@nelft.nhs.uk Phone: 0300 300 1600 (option 1 & 4)</p> <p>Tools such as the Incredible Five Point Scale: https://www.5pointscale.com/ are helpful for teaching children about emotional wellbeing and how to manage.</p>
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<p>Communication</p>	<p>Children with Autism may face certain challenges with social communication. Support for communication must address the environment for the child; putting in behavioural and visual supports, as well as targeting a child's communication system more directly.</p> <p>Several useful strategies to support communication for children with Autism are detailed on the NAS website: https://www.autism.org.uk/about/communication.aspx</p> <p>The Hanen Communication charity also provides evidence-based parent/professional tips and strategies to help support children at different levels of language: http://www.hanen.org/Helpful-Info/Parent-Tips.aspx</p> <p>The West Essex Speech and Language Therapy webpage has many useful links to other communication charities and toolkits to help speech and language development: http://essexfamilywellbeing.co.uk/service/speech-and-language-therapy/</p> <p>The charity TalkingPoint provides information for parents/carers and practitioners to help children develop their speech, language and communication skills. The progress checker supports you to review your child's progress with talking, listening and understanding. There is also wealth of online resources. Visit http://www.talkingpoint.org.uk/</p> <p>The Communication Trust has online resources for practitioners and parents who would like to support their child's communication development https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/</p>
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<p>Social Interaction</p>	<p>Many children with language and social communication difficulties may experience challenges with knowing how to start, maintain and end interactions successfully.</p> <p>Several useful strategies to support social interaction for children with Autism are detailed on the NAS website: https://www.autism.org.uk/about/communication/social-children.aspx</p> <p>There are some practical tips and free resources on how to support social interaction skills available at https://www.tes.com/teaching-resources/blog/social-skills-support-sen-students</p>
<p>Play</p>	<p>Play and language skills are linked and often children need help to learn how to play in new ways. The following article may be helpful to know more about how to develop your child's play skills: http://www.hanen.org/Helpful-Info/Articles/Encouraging-Pretend-Play-in-Children-with-Autism.aspx</p> <p>A resource book on Learning through Play in the Early Years is available at http://www.nicurriculum.org.uk/docs/foundation_stage/learning_through_play_ey.pdf</p>
<p>Global developmental delay/ learning disability</p>	<p>Some children with Autism also have global developmental delay or a learning disability. Find out more about learning disability with this leaflet: https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/the-child-with-general-learning-disability-for-parents-and-carers</p> <p>And with this NHS leaflet: https://www.nhs.uk/conditions/learning-disabilities/</p>



<p>Sensory processing /anxiety</p>	<p>Many people with autistic traits have difficulty processing everyday sensory information. Too much information can cause stress, anxiety, and possibly physical pain; poor depth perception, problems with throwing and catching and clumsiness. Please see http://www.autism.org.uk/sensory; and http://network.autism.org.uk</p> <p>Watch the video from the National Autistic Society to understand what it might be like to have sensory processing difficulties: https://www.youtube.com/watch?v=Lr4_dOorquQ</p> <p>Not all children with sensory processing differences have Autism; sensory issues can be associated with other conditions too. For children who have sensory processing differences, it can help to start by understanding these needs and making small adjustments to help children to manage stress.</p>
<p>Obsessions routines and rituals</p>	<p>This is a helpful webpage all about children and adults who prefer routines and rituals, and who have special, fixed interests: https://www.autism.org.uk/about/behaviour/obsessions-repetitive-routines.aspx</p>
<p>Toileting</p>	<p>This is a comprehensive guide to toilet training for children with additional needs: https://www.autism.org.uk/about/health/toilet-training.aspx</p> <p>You may also find some helpful tips in this leaflet: http://www.wlmht.nhs.uk/wp-content/uploads/2015/06/Toilet-training-LD-booklet-24pp.pdf</p>
<p>Smearing</p>	<p>This webpage is helpful for children who smear and play with faeces: https://www.autism.org.uk/about/behaviour/challenging-behaviour/smearing.aspx</p>



<p>Feeding</p>	<p>For children who have restricted eating, see this page for more information: https://www.autism.org.uk/about/health/eating.aspx</p> <p>This leaflet is also very helpful: http://www.wlmht.nhs.uk/wp-content/uploads/2015/01/Eating-difficulties-in-children-with-disabilities.pdf</p>
<p>Sleeping</p>	<p>Many children with a range of neurodevelopmental difficulties have difficulties sleeping. See below: https://www.autism.org.uk/about/health/sleep.aspx</p> <p>https://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Regular-Sleep-Routine.pdf</p> <p>This leaflet is also very comprehensive and helpful: http://www.wlmht.nhs.uk/wp-content/uploads/2015/06/Sleeping-difficulties-LD-A5-leaflet.pdf</p>
<p>Challenging behaviour</p>	<p>These webpage contains some helpful tips for behaviour: https://www.autism.org.uk/about/behaviour/guidelines.aspx</p> <p>https://www.adhdfoundation.org.uk/wp-content/uploads/2018/01/Factsheet-Managing-Challenging-Behaviour.pdf</p> <p>Positive Behaviour Support is an approach recommended for children with additional needs. You can find out more about Positive Behaviour support on this website: https://www.challengingbehaviour.org.uk/understanding-behaviour/pbsguidesforfamilies.html</p> <p>https://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Hints-Tips.pdf</p>



<p>Educational issues and concerns</p>	<p>For children and young people in West Essex, there is a parent helpline run by Essex County Council and Families in Focus, known as the SEND Independent Advice and Support Service. This service can provide independent advice and support about educational issues. They can also offer support with school meetings. Find out more here:</p> <p>https://www.essex.gov.uk/Education-Schools/Schools/Special-Education-Needs/Pages/Parent-Partnership-Service.aspx</p> <p>The local offer offers a range of support and advice regarding educational issues.</p> <p>http://www.essexlocaloffer.org.uk/</p> <p>Family in Focus also provide support for families with applying for an Educational Health Care Plan or implementing a One Plan to get support from school. They will come into school with you and your child to support you with the meetings and getting the support your child requires.</p> <p>http://www.familiesinfocussessex.org.uk/contact-us/</p> <p>Special Educational Needs and Disability (SEND) information and advice service, also provide a service that will support families applying for an EHCP or implementing a One Plan. They will come into school with you and your child, to support you with the meetings and getting the support your child requires. The referrals can be received from parents/carers, children of young people themselves.</p> <p>Call the helpline on 0333 013 8913 or complete the SEND Service referral Form. Alternatively, an email send.iass@essex.gov.uk or a text on 0786 000 3010.</p>
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	<p>Mediation and independent support:</p> <p>Global Mediation offers independent SEN mediation service for disagreements between parents and the local authority or school. Call Global on 0800 064 4488 or email: sen@globalmediation.co.uk. Independent Parental Special Education Advice (known as IPSEA) is a registered charity. IPSEA offering free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They provide training on the SEND legal framework to parents and carers, professionals and other organisations.</p> <p>They have helped to improve educational support for thousands of children with all kinds of SEND. We do this by providing free and independent legally-based information, advice and casework support.</p> <p>https://www.ipsea.org.uk/contact-ipsea</p>
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