

Behaviour Guidance – Remote Learners and Parents:

Parents/carers/guardians and schools have an important role in ensuring that we work together to maintain high standards around behaviour expectations for our learners.

Behaviour advice and support for remote learners:

As school closures and social distancing bring many changes and new challenges for parents and their children, we have got advice and support to help you make things easier at home. They include:

- **Create a routine**
- **Helping them stay in touch with friends, family and peers**
- **Try activities together to dissipate your child's anxiety**
- **Fight your child's withdrawal from activities by helping them express their emotions**

Create a routine: It's normal for a lack of routine and structure to make children feel anxious and upset. If your child's no longer going to school at the moment, creating a routine is important and there are ways you can do this together. It is important to include your child when thinking about how you structure the day and different activities you can do together. You might want to think about having different routines or activities in different rooms for example, depending on the space you have at home. Beside the daily learning activities sent by your child's class teacher, perhaps there is something your child could be doing that would keep them busy and engaged, like artwork or playing games, that can become part of their daily routine. It can help to ask your child's class teacher for ideas to see what they normally use to create learning routines as well as routines that involve fun activities.

Visual tools to try:

- A 'Now and Next' board, using two pictures to show what is happening now and what the child will be doing next (Appendix 1)
- a visual timetable, using pictures to plan the day. If the whole day is too much to focus on, a timetable could be made for a morning or an afternoon instead.
- a weekly timetable, to show key things to look forward to on different days.

Pictures are easier for many children to understand than written words. There are resources for making timetables on Twinkl or you could draw your own. Some children will want to know the time when different activities will start, but other children will not need this. It can help to ask your child what they would prefer. You could also contact your child's class teacher to help out with advice on timetable charts fitted around your child's needs.

Helping them stay in touch with friends, family and peers: Your child may be missing their friends and adults they see regularly. Try to think about other ways they can see or speak to them. For example, having phone or video calls or talking to friends online via chat. For

advice on online safety, please contact safeguarding@lindenlodge.wandsworth.sch.uk or homelearning@lindenlodge.wandsworth.sch.uk

Try activities together to dissipate your child's anxiety: Your child might be behaving differently because they are feeling anxious about things changing. Uncertainty can be a particular challenge for some children with special educational needs and disabilities, and they are likely to find this especially difficult at the moment. We have advice for parents on talking to children about coronavirus to help you support a child struggling with anxiety. You can reach out to the headteacher, Deborah Rix, for further advice.

Activities can help to give them the space and time to express their feelings. Children with special educational needs and disabilities benefit from different types of activities. While some young children may benefit most from short activities for just a few minutes, an older child with autism might find activities they can get really absorbed in for a long time more helpful.

But do not feel pressured to create lots and lots of new activities - repetition is important too. Practical, fun activities which involve different senses can be the most engaging. If possible, you could create a quiet space for activities in your home, even if it is just the corner of a room, and fill it with homemade toys and games.

Fight your child's withdrawal from activities by helping them express their emotions: Lots of us feel isolated at the moment, but this can be even more difficult for children with communication needs. We have lots of resources available, including communication and emotion cards, which can help children express their needs and feelings (see Appendix 2).

You might choose to use social stories to talk about coronavirus (Covid-19). Your child could then use emotion pictures to identify and express how they are feeling. Your child's Speech and Language Therapist (SaLT) can support you with this or alternatively, you can email therapy@lindenlodge.wandsworth.sch.uk

Families who use Makaton can also find support from the Makaton charity. And there are signed stories you can watch on the Singing Hands website, for example.

If you have any questions, please, reach out to your child's class teacher or the Senior Leadership Team for further support. Alternatively, you can contact the Behaviour Lead of Linden Lodge via your child's class teacher.

We are always here to help.

Appendix 1

Now and Next Chart

Now	Next

Appendix 2

Emotion cards

