Support for Parents

There is a lot of information online. Some accurate and some misleading – especially on social media. You are not alone! The links below are certainly not exhaustive, merely websites and groups that have come to our attention.

Essex County Council – Local Offer
Essex County Council: Special Educational Needs and Disabilities (SEND) | Essex Local Offer

Essex County Council Directory of Groups and Support
https://send.essex.gov.uk/search-support-groups-and-activities

NSPCC
Scroll through to find support for parents on many subjects.
Support & advice for families | NSPCC

All aspects of parenting
https://theministryofparenting.com/

Essex Family Form
Home | Essex Family Forum

EP phone helpline for parents
https://send.essex.gov.uk/search-support-groups-and-activities/essex-educational-psychology-ep-service

Local Support Groups

The Maze Group - SEND
https://www.themazegroup.co.uk/
This group comes highly recommended. They run courses, workshops, drop ins, coffee mornings. Parents have given us very positive feedback.

Kids.org
https://www.kids.org.uk/

SPACE
Support for parents of children with SEND.
https://parent-send-support.essex.gov.uk./

SNAP
Partnering with parents, we support families whose children have additional needs or disabilities by providing compassion, guidance and hope.
SNAP Charity - Registered Charity No.1077787

Difficult or Voilet Behaviour
https://www.newboldhope.com

PEGS - Child to parent violence
https://www.pegsupport.co.uk/

Neurodivergence

A collection of short videos from to support families with neurodivergence.
Video Resources to support your neurodivergent child - Essex Short Breaks

ADHD
ADHD+Support group
https://www.adhd-support.org.uk/
These offer some good courses to understand ADHD a little more and help with parenting strategies.

Autism

Autism Central for Parents and Carers | Autism Central

Autism Central Peer Education Programme - East of England Hub | Essex Local Offer

Neurodiversity | Essex Family Forum

East of England delivered by Essex County Council | Autism Central

https://www.ambitiousaboutautism.org.uk/

Courses available - ACL Essex Course List

Autistic girls - https://autisticgirlsnetwork.org

Autism distressed behaviour guide

https://autism.org.uk/advice-and-guidance/topics/behaviour/distressed-behaviour/all-audiences

Fidgets in the classroom – Advice

https://nationalautismresources.com/fidgets-in-the-classroom/

There is no official definition of a "fidget toy." Generally speaking a fidget is a small item you can manipulate with your hands. Good classroom fidgets are quiet, discreet, have an interesting texture, and allow for lots of finger and hand movement.

Fidgets that demand visual attention or those with a game component that requires matching, unlocking, or solving something are poor choices for boosting on task behaviour.

It's important to note that fidgeting can take many forms- it doesn't have to be a specific "fidget toy." An effective fidget can be anything that provides discreet movement opportunities for your student without distracting those around them eg a hair band, a pen lid on the top of a pen can twist.

Speech and Language

Concerns about your child's speech? You can check their child's progress
Child's Progress checker - Speech & Language UK (speechandlanguage.org.uk)

Ideas to support Speech and Language pre-school and early years
https://www.bbc.co.uk/tiny-happy-people

Shows milestones for speech and language and ideas.
https://wordsforlife.org.uk/activities/

Concerns around Speech and Language and support outside school.
https://speechandlanguage.org.uk/help-for-families/

DLD – Developmental Language Disorder.
https://www.afasic.org.uk/
https://www.youtube.com/watch?v=tQ-s02HWLb0
https://radld.org/
https://dldandme.org/
https://www.sendstation.co.uk/developmental-language-disorder

Mental Health
https://www.kooth.com/ - website community with friendly councillors who provide online support for young people

https://www.wysa.com/

www.findyourspark.co.uk (private) – Schools do not endorse particular private practise. There are others to explore

Young Minds

https://www.youngminds.org.uk/

Young Minds
https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/

School Nurse Team.

Mid – 0300 2470014 (Mid)
https://essexfamilywellbeing.co.uk/services/family-support/

Parental advice and support for common children issues:

- bed wetting
- diet
- exercise
- sleep
- behaviour
- emotional wellbeing.

Also drop in sessions – Acorn Centre in Halstead Wednesdays at 3.30pm

Hearing concerns – Call the School Nursing Team to arrange a hearing screen.

Sleep

https://cerebra.org.uk/download/sleep-a-guide-for-parents/

Apps to support Sleep

https://pzizz.com/

SUFFOLK

Suffolk CC: www.suffolk.gov.uk/children-families-and-learning

School Nursing Team

https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing-service/school-nursing-criteria-and-how-to-make-a-referral

Suffolk School Nurses: 0345 607 8866