



Social Communication Team (SCT)

Newsletter

Welcome to our Seasonal Newsletter, for children known to the Social Communication Team

Seasonal Changes

There are lots of changes as we move from winter to spring. For children who prefer predictability and sameness, any changes to the environment and their routine can be highly distressing.

It is helpful to start preparing your child for any changes to their routine or environment in advance, so they know what to expect.



Waiting for your child's assessment?

We understand how frustrating it is to wait. However, there are many strategies which can help all children, whether or not they have received a diagnosis.

Using strategies early will not impact the outcome of your child's assessment.



Seasonal wardrobe changes

As the weather starts to get warmer, we may change the clothes we wear. We tend to put away our big coats and thick jumpers and wear something lighter and cooler. Some children may love wearing their winter clothes and find any changes or adjustments to new fabrics very disruptive.

Tips:

- Offering your child choices between clothes to wear can give them a sense of control
- Some children may find helping to pack winter clothes away and unpack spring clothes helps them understand and prepare for changes to clothing.



For more advice around understanding and supporting children's sensory needs, visit our webpage: [Sensory Needs \(whittington.nhs.uk\)](https://www.whittington.nhs.uk)



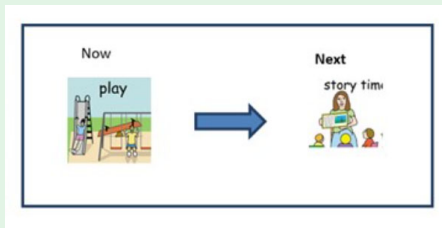


Changes to routines during Spring:

Our routines may change in spring. We might spend more time outdoors as the weather gets warmer and the days get longer. There are lots of changes to the environment as leaves grow back on trees, animals come out and flowers start to blossom. There may be new activities to do such as going on nature walks.



Prepare your child for any new situations or changes to their routine by showing them what will happen next, using visuals such as pictures or objects to help them understand.



Ask your child's nursery/school if there are any changes to the timetable which you can help your child prepare for.

For more advice on helping your child understand and prepare for change, visit:

The Social Communication Team website: [Supporting understanding \(whittington.nhs.uk\)](http://Supporting understanding (whittington.nhs.uk))



National Autistic Society: [A guide for all audiences \(autism.org.uk\)](http://A guide for all audiences (autism.org.uk))



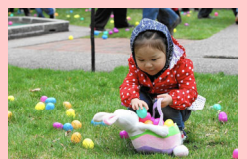
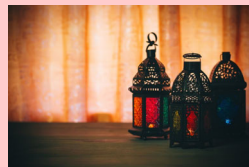
Festivals in the spring

You can prepare your child for **any event or religious festival** by helping them understand what to expect and adapting the sensory environment where possible.

- Prepare your child for the event, showing them pictures/ videos/ objects to help them understand what to expect



- If your child experiences sensory challenges, look at the environment and consider adaptations that could be made e.g., finding a quieter space or making sure familiar food is available.



Activities for children in Islington:

All activities in Islington

Find out about free or low cost activities for children on the Islington Council website. You can follow 'Islington Life' on Twitter, Facebook and/or Instagram to keep updated or visit [Things to do | Islington Council](#)

Bright Start activities for children 0-5

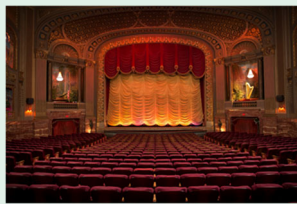
Bright Start run various stay and play groups and activities for young children across Islington. Look out for a group called '**Extra Boost**': A specialist group activity for under 5s with additional needs, who benefit from a quieter space where their individual needs can be met. Click this link to view their current weekly timetable [Bright Start Islington, weekly timetable 2022/23 \(openobjects.com\)](#)



Relaxed performances

Many cinemas and theatres offer viewings which have been adapted to improve experiences for people with sensory and communication needs, or anyone who would benefit from a more relaxed environment. Adaptions may include changes to sound and lighting during shows. More information can be found here:

Cinema: National Autism Screenings | Dimensions [\(dimensions-uk.org\)](#)
Theatre: [Home - Go Live](#) [Theatre Projects](#)



SCT Stay and Play

We have a new drop in stay and play for children under 5yrs who have been referred to the SCT, have accessed SENDsory Adventures group and/or have a diagnosis of Autism



- **Dates:** Tuesday 9 Jan – 26 March 2023
- **Location:** Family Hub South at Bemerton Children's Centre N1 0DX

brightstartsouth@islington.gov.uk / 020 7527 4089

Support services in Islington:

Islington Family Information Service (FIS) For information and advice about free early learning and childcare, activities and support services for families with children 0-25, [Find Your Islington | Islington FIS, Family Information Service](#)

Bright Start is a service for children under 5 and their families. They run activities across Islington which include stay and play sessions and parent groups. Further information can be found on their website: <https://www.islington.gov.uk/children-and-families/bright-start-islington-start-for-life-and-family-hubs>

Growing Together: is a service for families in Islington. They run various free workshops which can be booked via eventbrite (here: [Growing Together Events | Eventbrite](#))

Calmer Nights
Sleep Workshop



SENDIAS provide SEND advice for parents and carers. They run parent groups including "RELAX it's Friday" on the last Friday of every month: [Islington SENDIAS - Family Action \(family-action.org.uk\)](#)

