



## SEN NEWSLETTER

Autumn Term  
2024  
Half term 2



Christmas special

### End of term

The Autumn term has whizzed by and Christmas is fast approaching. With that in mind, this newsletter includes some advice on how to support your child through the holidays, as well as details about upcoming events in the new year and places to go for help or guidance.

### ASD

If your child has **Autism**, they may find the holidays particularly difficult to manage.

This can be due to a number of reasons, including:

- Changes of routine/ unpredictability
- Sensory overload
- Increased anxiety

The following websites contains some useful tips and free resources to ensure you all have a happy Christmas and are well worth a look:

<https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas>

<https://littlepuddins.ie/autism-christmas-help/>

### Why I Find Christmas Gifts Difficult



Autistic Edition

Some gifts cause sensory hell (overwhelm)

Unsure how to react socially when you do /do not like the gift

Social conventions are confusing

Surprise gifts can cause anxiety

Not able to pick up on "hints" about gifts you might like

I prefer to buy what I need myself

Too many gifts can be overwhelming

Too much focus on age-gender appropriate gifts



### An Autistic Christmas

Supportive Strategies



Centre Autistic Voice & Autonomy



Respect Autistic Food Preferences



Respect Autistic Clothing Preferences



Respect Social Time Out Preferences



Access To Sensory / Stim Tools



Provide Predictability & Routine



Access To Special Interests



Respect Gift Preferences



## Screen time

As your child is off school over the Christmas break, it is extremely likely that they will spend increased amounts of time on a screen. To help keep them safe, read useful advice on the website:

<https://saferinternet.org.uk/guide-and-resource/top-tips-for-staying-safe-online-at-christmas>

## Christmas events

As much as possible, try to get out and about this Christmas break. There are plenty of SEN friendly events taking place in Norfolk. For an up to date guide, check out the calendar found at:

<https://www.norfolk.gov.uk/article/40557/Things-to-do-for-children-and-young-people-with-SEND>

### Our calendar of SEND events in Norfolk

search

#### Events from Dec 16th



Mon 11th Nov 7:00am - Fri  
10th Jan 2025 11:00pm

**Phoebe's Festive  
Favourites: A FREE  
Digital Sensory Show**

Christmas for Kids, part of the  
Embracing Arts family, proudly



Mon 16th Dec 1:30pm -  
2:30pm

**SEND friendly parent  
café**



Tue 17th Dec 11:00am

**High Altitude  
Trampolining SEND  
sessions**

High Altitude offer dedicated time  
slots just for jumpers with special  
needs. Music is played at a lower  
volume and the park's  
atmosphere ...

send-session • trampolining •

## Beacon House

Beacon House offer a range of resources specially designed by therapists to support regulation, connection and rest during December. These are particularly helpful if you or your child has ever experienced trauma.

Download for free here:

<https://beaconhouse.org.uk/resources/>

and share with family and friends so that everyone can access what they need during this busy time.

**'Top tips to surviving the Christmas Storm'** is attached as a separate pdf to this newsletter and available on the SEN section of our website.

## SENDIASS Free training- Wednesday 29<sup>th</sup> January 12-1.30pm

This virtual training is for parent/carers and will include a Q&A at the end. It will include:

- Who is Norfolk SENDIASS?
- Who are Kids?
- What is Mediation?
- What is Disagreement Resolution?
- What is the purpose/point of attending Mediation and how can it be worthwhile

To book your place, visit the link found at the website:

<https://www.norfolksendiass.org.uk/news/latest-news/norfolk-sendiass-and-kids-mediation>



## ASD Helping Hands

For information about local ongoing parent and family support groups led by ASD Helping Hands, please visit

<https://www.asdhelpinghands.org.uk/events-2/>

### Dereham Family Support Group



COME ALONG AND MAKE SOME NEW FRIENDS

PRE-BOOKING REQUIRED

**FAMILY SUPPORT GROUP**

£3.00 PER CHILD UNDER 12 YRS

Supported by: 

**FOR MORE INFORMATION PLEASE EMAIL: CONTACT@ASDHELPINGHANDS.ORG.UK**

**HAVE A MERRY CHRISTMAS AND HAPPY NEW YEAR!**