

## Parents caring for children with additional needs

We know that Covid-19 has created a situation which is particularly difficult for many children with additional needs and their families.

With so much change and confusion around, it is useful to try to as much calm and predictability as we can in our lives. Try to keep many of your usual habits. Try to plan your time together, and talk frequently about what you are doing now, and what next. This will help all of you feel some sense of structured routine.

Remember to look after yourself. Try out techniques such as breathing or mindfulness to help deal with stress and worry, even if you have never used them before. The Gwynedd Mindfulness Team is offering free online sessions at the moment: <http://www.gwyneddmindfulness.co.uk/free-mindfulness-support>

Remember that stress and worry are natural reactions to the current situation. Although we can't meet you face to face, there are still ways that we can support you. You can talk to your school for help and ideas about education at home. If you need information or advice, or just a chat even, contact the Derwen Team:

- Arfon: 01286 674686
- Dwyfor: 01758 704429
- Meirionnydd: 01341 424503

Or Carers Outreach Service: 01248 370797

## Help and advice online

The **Gwynedd and Anglesey's Additional Needs and Inclusion (ALN&I)** service has support and resources available online <https://adyach.cymru/en/Site.aspx>

**STAND North Wales** offers a variety of support on their Facebook page:

<https://www.facebook.com/Standnwcic/>

Parents Forum 10am-12pm every Monday and Wednesday. They will be posting questions and discussing different topics in each session. There is no need to log in, just go to the Facebook page

'Rigymau Jingle' and story time 10.30 – 11.30am every Thursday

'Stay, play and learn with STAND' – shares ideas and information between parents and professionals about activities with children when they are not in school. The ideas will include contacts and useful sites for low-cost activities or free activities.

<https://www.facebook.com/Standstayplayandlearn>

**Speaking Space**, namely a provider of a speech, language and social communication service, have uploaded some resources to their website.

[www.speakingspace.co.uk](http://www.speakingspace.co.uk)

**Priory**, who are a behavioural care provider, have a blog about how to help an autistic child during the Covid-19 epidemic. View the blog on their website.

<https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-the-coronavirus-outbreak>

**Cerebra** are an organisation who fund research. There are factsheets about challenging behaviour on their website. <https://cerebra.org.uk/>

The **Challenging Behaviour Foundation** focusses on children, young people and adults with severe learning disabilities whose behaviour challenges. [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

The **British Psychological Society** provides advice on their website about talking to children about Covid-19 [www.bps.org.uk](http://www.bps.org.uk)

**Mindheart** have created a child-friendly explanation of Covid-19 for children of primary school age <https://www.mindheart.co/descargables>

**BrainPOP** have made an information video on Covid-19 for children of primary school age (key stage 2) <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus>

### Links and useful contacts

**SNAP Cymru** provides information, advice and support for parents, children and young people who have, or could have, additional educational needs or disabilities.

☎ 0808 801 0608 (Ilinell gymorth)

✉ [gwahaniaethu@snapcymru.org](mailto:gwahaniaethu@snapcymru.org)

🌐 [www.snapcymru.org](http://www.snapcymru.org)

**STAND North Wales** supports and upskills families with children and young people with speech language communication needs, additional needs and disabilities.

☎ 07749 998708 / 07826 108273

✉ [info@standnw.org.uk](mailto:info@standnw.org.uk)

🌐 <https://standnw.org/>

**Family Lives** gives support and advice on many aspects of parenting. They have advice on their website about how to cope during the Covid-19 epidemic.

☎ 0808 800 2222 (helpline for parents)

✉ [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

🌐 [www.familylives.org.uk](http://www.familylives.org.uk)

The **National Autistic Society** supports autistic people, with the aim of improving autistic people's lives in the United Kingdom. They have advice about challenging behaviour on their website.

☎ 0808 800 4104 (helpline)

✉ [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

🌐 [www.autism.org.uk](http://www.autism.org.uk)