



## SEND Friendly Recommendations for Parents and Carers

### Helping Your Child Succeed at Home

There are many excellent resources available to support a young person's learning at home, alongside a variety of approaches you can try. One of the most important things you can do is help build your child's self-esteem. This is vital for their mental health and wellbeing, so we strongly encourage making it a central part of your support. Below is a guide to help you provide the best support for your child at home.

#### Top Tips to support your child with Homework:

- **Create a Calm, Structured Space** - Set up a quiet, clutter-free area and maintain a consistent homework routine.
- **Break Tasks/HW into chunks** - Split larger assignments into smaller, manageable chunks with regular breaks. Try the 'Pomodoro method'- 25 minute bursts.
- **Assist with Organisation whilst building independence**- Help your child organise tasks using their HW diary/ online diary. Visual aids, colour-coding or sticky notes can help with managing different subjects.
- **Set a Routine and Stick to It**- A consistent homework routine helps your child develop a sense of responsibility.
- **Limit Distractions**- Help your child limit distractions by limiting electronics unless they're needed for the homework.
- **Encourage Self-Advocacy**- Encourage your child to speak up if they're having trouble understanding a task. This builds self-confidence and helps them feel more empowered in their learning.
- **Praise Effort Over Accuracy** - Encourage persistence and confidence rather than just focusing on correct answers.

## Top Tips to support your child with Reading at home:

-  **Read Aloud Together-** Encourage your child to read aloud with you. This helps with fluency and understanding.
-  **Encourage Bedtime Reading:** Make reading a relaxing part of the bedtime routine. Choose engaging and enjoyable books, and read together if possible. This not only improves literacy skills but also fosters a love for reading in a calm, stress-free environment.
-  **Use audiobooks alongside the physical book/text- Dual access-** listening while reading helps reinforce comprehension and improves understanding.
-  **Overlays and Coloured paper-** Use colored overlays, reading rulers or coloured paper to support visual stress and tracking if necessary.
-  **Consider Dyslexia-Friendly Books:** Opt for books from publishers like Barrington Stoke, which are specifically designed for dyslexic readers. These books feature features like clear fonts, shorter chapters, and tinted pages to make reading more accessible and enjoyable.
-  **Watch the Film Before Reading the Text:** Watching a film adaptation of a book before reading it can help your child visualize the story and better understand the plot. This can build their confidence and make the reading experience easier to follow.

## Top Tip to support your child with Writing at home:

-  **Encourage Touch Typing-** Typing can help focus on content rather than struggling with handwriting or spelling. Touch typing programs improve speed, build muscle memory, and allow for spelling and grammar checks, boosting confidence.
-  **Help Plan Extended Answers-** Encourage your child to plan- Use bullet points or mind maps to organize thoughts. This approach reduces overwhelm and makes writing more manageable.
-  **Use Key Vocabulary in Writing-** Encourage your child to highlight or list key terms related to the topic before starting to write.

-  **Create a Personalised "Commonly Misspelled" List-** Encourage your child to review their work and highlight any words they frequently spell incorrectly. Help them create a personalised list of these words to practice regularly, improving spelling and boosting confidence over time.
-  **Read Aloud to Proof Check and Spot Mistakes-** Encourage your child to read their writing aloud or use the "Read Aloud" feature. This helps catch errors and improve sentence flow.

### **Assistive Technology to Support Learning:**

-  **Accessibility Features on Devices:** Use built-in tools like speech-to-text, audio replay, and background colour adjustments on devices for better focus and comprehension.
-  **Reader Software:** Programs like Read&Write Gold, Claro, Dragon 8, or Clicker 8 can help with reading and writing tasks.
-  **Talking Tins/Dictaphones-** Great for recording and replaying information, supporting auditory learning, and helping capture ideas in working memory.
-  **Extra Screen:** Use an additional screen to reduce visual clutter and help with focus.
-  **Wheel of Apps:** Explore helpful apps for SEND learners—check out this resource: <https://www.callscotland.org.uk/assets/files/ipad-apps-for-learners-with-dyslexia.pdf>
-  **Spell Checker:** Consider a spell-check tool to assist with writing tasks.

### **There are also some things which you should try not to do:**

-  **Don't Discuss Concerns in Front of Your Child-** Talk to supportive, understanding people when your child isn't around. Positive thinking is key for both of you.
-  **Watch for Learned Helplessness-** Encourage your child to be independent, even if it's difficult. They need the chance to try things on their own.
-  **Don't Become Over-Anxious or Pushy-** Allow space for your child to relax and enjoy home life. Focus on little, consistent learning sessions, not overwhelming them.