

Fenstanton and Hilton Primary School



Fenstanton and Hilton Primary School Parent Guide for Preparing SEN and Neurodiverse Children for School Holiday and Routine Changes

To help neurodiverse/SEN children manage changes during the school holidays and to reduce anxiety, consider these strategies:

1. **Advance Preparation:** Discuss upcoming events and routines ahead of time using visual aids like calendars or countdowns.
2. **Visual Schedules:** Create a visual schedule of holiday activities to help your child anticipate changes.
3. **Social Stories:** Use social stories to explain new situations, enhancing understanding of social cues.
4. **Practice Activities:** Role-play new experiences, such as visiting Father Christmas or using public transport, to build comfort.
5. **Gradual Adjustments:** Introduce routine changes slowly to ease transitions.
6. **Offer Choices:** Provide options for holiday activities to foster a sense of control.
7. **Calming Techniques:** Use calming strategies, such as deep breathing or sensory tools, to aid self-regulation. Please refer to the Zones of Regulation Parent Guide, available on our school website
8. **Safe Space:** Create a quiet retreat for your child to use when feeling overwhelmed.
9. **Check-Ins:** Maintain open communication about feelings to help address concerns.
10. **Post-Event Reflection:** Discuss experiences after events to help your child process and prepare for future situations.

Implementing these strategies can foster a supportive environment, making the holidays and school breaks more enjoyable for everyone, additionally this can support a smooth return to school for the new term.