

Top Tips for Families during Social Distancing

Visual Supports

Visual timetables can help provide structure and routine which is especially important now that everyday routines are out the window! You can use them to let you child know what is happening next or to provide a schedule for the day.

Have a look at the Autism Toolkit as they have some ready to go resources:

<http://www.autismtoolbox.co.uk/sites/default/files/resources/Lower%20primary%20individual%20visual%20timetable.pdf>

You can also use a range of visual supports like real life objects, photos and symbols to support **choice making**.



Song Signifiers

Song signifiers support understanding and can help children and young people understand what is happening. They can also provide support for tricky activities, like hand washing and finishing up a motivating activity. Song signifiers are explained by the Oakland School Team in the video link below.

<https://vimeo.com/168942834>

They have also videoed and uploaded lots of the signifiers to Vimeo. Below is the link to the Song Signifier Channel

<https://vimeo.com/channels/1012818>

Facebook Pages:

NHS Lothian Children and Young People's Therapies and Support

This page is for families who have children and may benefit from support from a range of therapies. We have contributions from physiotherapy, occupational therapy, speech and language therapy and music therapy.

It aims to give you practical ideas for supporting your child and also signposting you to other resources that might be useful to you.

Click [here](#) to go to the page!

NHS Lothian Children and Young People's Speech and Language Therapy Service

This page provides is run by NHS Lothian Speech and Language Therapists and will provide:

- information about speech, language and communication development
- ideas and advice for families and professionals
- information on local events run by the Service or other professions we work closely with
- information about national campaigns

Click [here](#) to go to the page!

Signalong

Signalong can be used to support children and young peoples' understanding and provide them with a means of communicating. A range of resources are available on the website:

<http://www.signalong.org.uk/>

You will also find videos and Signalong signs on the Facebook pages! For example, click [here](#) to learn a few new Signalong signs for hand washing

The Child and Adolescent Mental Health Service (CAMHS) Supports

CAMHS have a range of resources available on their website to support children, young people and their parents and carers. These resources include social stories, visual supports, and ideas for activities that can be done at home. They have even included yoga sessions to help build some relaxation into the day.

<https://services.nhslothian.scot/camhs/Resources/Pages/ResourcePacks.aspx>

Intensive Interaction

Intensive interaction is a strategy that helps build important skills that are the foundations to successful communication. It doesn't require any additional resources, just you and the child or young person. The link below will take you to a video that can give you more information and demonstrate how it is done.

<https://www.youtube.com/watch?v=rjKxu6QKjAo>

Symbols for All / Bookbug Resources

The Scottish Book Trust have funded a CALL Scotland project to create a range of resources to complement the Bookbug resources for the P1 book bag and some of the explorer bags (age 3) are available for us to use. These resources include communication boards that can be used alongside stories to make for a more interactive experience. The link below will take to the website where you can explore the stories and resources that are available:

<https://www.symbolsforall.org.uk/bookbug/>

We hope that this gives you some ideas of ways to fill your days and support your child or young person! If you have any questions or concerns or would like to discuss ways that you can support your child or young person's communication please don't hesitate to contact your therapy team.