

I'M A PARENT, GET ME OUT OF HERE!

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR PARENTS/CARERS OF CHILDREN/YOUNG PEOPLE WITH AUTISM

Self-Isolation: The Do's and Don'ts

Rob Emery – Autism Advisory Teacher Service

The period of school closure is difficult for everyone. For the parents/carers and families of children/young people with Autism it can be even more so. Spending more time at home can come with many challenges and pressures. Here we explore some do's and don'ts which might just help to take the pressure off you and your family.

about the isolation period. A beautifully completed craft project, the picture-perfect home-schooling scene, the whole family enjoying a board game. Don't be fooled. People are quick to share their successes and rarely share their failures. Don't compare your own situation to what people present on social media. This is not plain sailing for anyone, we will all find it tough at times.

DO.... Whatever works for you!

The entire country is in survival mode. We are all doing what is necessary to preserve our lives and livelihoods. There will be days that you may have to put everything to one side and just get through the day in whichever way works for you and your family. This might mean allowing a lot more screen time than you would otherwise, it might mean that schoolwork takes a back seat for a while, it means that you do what works for you to get through the day!

Don't.... Feel pressure to follow 'expert' guidance to the letter.

There is only one expert on your family and that is you! There is a lot of guidance and support out there and whilst it can be helpful, it can also be a bit overwhelming. There is no 'one size fits all' approach that will work for every family. Think about which strategies will work for you, which ones won't, and which ones might need to be adapted to work for you. In the end, the only expert here is you!

Don't.... Be a slave to social media.

We are all spending a little more time on our personal devices and the world has never been so connected. Social media is full of posts



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Do.... Find time for yourself!

Although we are spending more time at home, this doesn't mean life is any less stressful. Many are still working from home which isn't an easy adjustment to make as now work is always there in the background and impossible to get away from. Add to this the constant housework because the house is a lot messier when everyone is at home all the time! With all of this going on, time for yourself might be the last thing you think about. Lose yourself in a book, take a long bath, follow that yoga video. You need to look after yourself.

Do.... Get support when you need it.

We are all going to need a little help to get through this. The Autism Advisory Teacher Service Hotline is from 10-11am on Weekdays:

07961240384 or 07816597785

SENSORY SOLUTIONS

Sensory Shakers

You will need:

- An old bottle or plastic cup
- Rice/Sand
- Marbles/Beads
- Similar small items

What to do:

Part fill the bottle with different items (eg. Rice, sand, marbles). Make sure the lid is secured tightly. Shake the bottle.



Playdough



You will need:

- 8tbsp plain flour
- 2 tbsp salt
- 60ml warm water
- Food colouring
- 1tbsp veg oil

What to do:

Mix the dry ingredients together. In a separate bowl mix the liquids together. Combine the dry and liquid mixes together to form a soft doughy ball.

Bubbles

You will need:

- 240ml warm water
- 1 tbsp Sugar
- 2 tbsp washing up liquid
- Straws/rolled paper

What to do:

Mix the sugar into the warm water. Add the washing up liquid, mix gently trying not to make bubbles in the mixture. Leave for 24 hours. Blow into the mixture using your straw.

Parent Top Tips

In this section we want to share your tips and advice. Have you got a great activity? Found a brilliant resource? We'd like to hear about it! Please share your top tips at: SENandInclusion@Peterborough.gov.uk



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"It's not about having everything planned down to a T. I tend to find activities on Pinterest the night before. I will have one for the morning and one for the afternoon. He still needs his down-time on his tablet or in front of the TV and on some days, he needs longer for this than others. But I know that if I have got something up my sleeve and ready to divert his attention then I can keep him occupied in more constructive ways for some of the time".

Anne, mother of Thomas, age 8

Check out our other weekly newsletters:

Cosy Crew – A newsletter for Primary Aged Children with Autism.

Lockdown Lift Up – A newsletter for teenagers and young people with Autism.

Available from our [Local Offer Page](#) each week.

Boredom Bashers

Resource:



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Live Zoo Cams:

Enjoy watching animals in zoos all over the world!

www.edinburghzoo.org.uk

www.sandiegozoo.org

www.dublinzoo.ie

Activity:

30 Day Lego Challenge. A free printable calendar with a lego challenge each day for 30 days:

[30 Day Lego Challenge](#)



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Something for me:

The Flat Share is a feel-good fiction book from author Beth O'leary. Tiffy needs a cheap flat. Leon works nights and needs cash. The solution, Leon gets the flat while Tiffy's at work and Tiffy gets it the rest of the time, simple!?

