

Working with your child during the summer holidays

Audrey Johnson, Educational Psychologist
Abigail Sterne, Educational Psychologist



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Having Fun

- Visitor attractions
- High interest activities will motivate children and young people
- Activities in the community
- Activities at home
- Quality time with a parent/carer

Talking with Your Child

- Quality time chatting with your child
- Use simple open ended questions
- Talk about the world around you, pictures and real life objects
- Model language and new vocabulary
- Enjoy quiet time during play

Routines

- Routines can provide a structure, promote co-operation and alleviate anxiety,
- Use visual timetables to help them adapt to your home routine and plan your day / week together
- Give your child some choice over what activities they do and when; give them a sense of control

Visuals

twinkl.co.uk	Label Here	Label Here	Label Here	Label Here	Label Here	Label Here	Label Here	Label Here	Label Here	Label Here
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										



breakfast



brush teeth



computer



cooking



dinner



get up



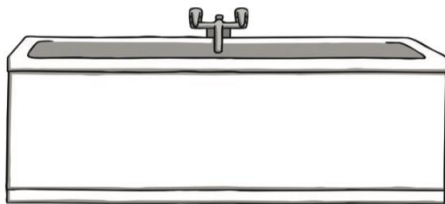
toys



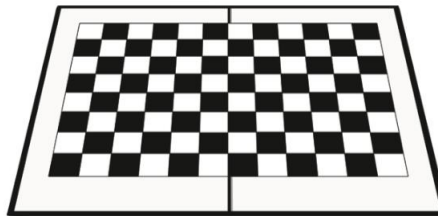
wash and
brush teeth



walk the dog



bath



chess



bedtime

Activity Planning Ideas Before

- Research and search information about where you are visiting
- Download pictures and details to share with your child
- Give your child an understanding of what to expect on the visit
- Suggested questions to help your child make the most of the visit:
 - What are you most looking forward to?
 - Is there anything that you don't think will be interesting?
 - Do you have any questions?

Preparing your child for an outing Using a social story

- A social story can give a short description of a situation, event or activity, which includes specific information about what to expect
- It can help a young person cope with changes to routine and unexpected event
- It can be used to explain what is happening ahead of time

(Social stories™ were created by Carol Gray in 1991. The terms 'social story' and 'social stories' are trademarks originated and owned by [Carol Gray](#).)

Social Stories

- Good for anxious children who struggle with new places and like to know what's coming next
- You can write your own to prepare your child for a visit to somewhere new
- Here's an example of one to help prepare for a visit to the People's History Museum

<https://phm.org.uk/visit/access/>

(Look in the access section under pre-arrival for a link to their social story)

How to write and use a social story

Carol Gray says you will need to:

- **picture the goal** – what do you want your child you know?
- **gather information** – about the situation you want to describe. If possible, use pictures, photographs
- **tailor the text** – use easy language; try and answer six questions: where, when, who, what, how and why?

What do people do at the beach?

Sometimes people say, "Let's go to the beach!" The beach is a sandy place near water. People like to do many things at the beach.

Some people may go to the beach to swim in the water. It's important to swim with an adult.

Some people may go to the beach to sit on the sand.

Some people may go to the beach to lie down to enjoy the warm sun.

Some people may go to the beach to build sandcastles.

Many people like to visit the beach. I may like it too!



What is a booster seat?

Sometimes people sit at tables. Big people sit on chairs. They reach the table easily.

Sometimes, small people sit on booster seats. Sitting on a booster seat helps small people reach the table, too!

I am a small person. A booster seat may help me sit at a big table. Chairs and booster seats help people of different sizes sit at the same table.



When will we get there?

Sometimes children ride in a car. They are going some place. They may ask their mom or dad, “When will we get there?” That’s because children want to know how long they will be sitting in the car.

Adults can make a guess about how long it will take to get there. Mom may say, “I think we will be there in about ten minutes.” She is trying to make a very good guess.

Why are we still in the car?

Sometimes there are many cars on the road. This is called “a lot of traffic.” When there is a lot of traffic it may take a little longer to get where we are going.

Mom may say, “Oh, I didn’t expect all this traffic!” This means she is surprised. She thought there would be fewer cars on the road.

Mom has learned something new. Now she can make a better guess about when we will get there. This time she may be right.

Social Stories and Comic Strip Conversations

- Share the social story with your child when everyone is feeling calm
- You can keep your stories in a ringbinder or computer folder.
- For more examples of social stories, visit the National Autistic Society website:
- <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>

After the outing

- Diary/written accounts of the visit
- Drawing a picture
- Recording what they enjoyed
- Making a collage of photos of visit to...)
- Art/craft activities related to the visit

Some challenges of the long holidays

- It can be stressful both for you and for children be out of their routine. Give everyone time to adapt to the slower pace and not having such a clear structure
- Stay calm – at times, children may take frustration out on you. Step away - go to another room, breathe. Get outside when possible, even if just around the block
- Think about your own support network – can you get to know some of the other parents? It may then be easier to agree boundaries ...
- Teenagers

Time for yourself, space for everybody; self-preservation

- How do you have fun, laugh, switch off, relax?
- Your children need to see that you also need time and space

The most important thing is your relationship with your child(ren)

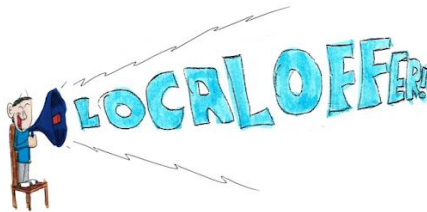
Remember to be kind to yourself

Inclusive Summer Activities in Manchester

- Treetop Trek
- Boating @ Heaton Park
- Outdoor playscheme
- Children's Adventure Farm Trust
- Redbank House Sensory Rooms
- HAH (Happy, Active, Healthy) Packs

How Can You Keep Updated?

- Follow MPCF on Facebook
- Visit MPCF's blog or calendar
- Sign up to the Local Offer newsletter
- Search the Local Offer website



Recommended resources, websites, links

- Visuals
 - twinkl.co.uk
 - sparklebox.co.uk
- Social Stories
 - <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>
 - <https://carolgraysocialstories.com/social-stories/what-is-it>

Recommended resources, websites, links

- Summer Activities & Events
 - www.facebook.com/mpcfinfo
 - manchesterparentcarerforum.org.uk/news
 - www.manchester.gov.uk/sendlocaloffer