

Supporting SEND Children at Home

Academic Learning, Self-Regulation
and Emotional Literacy

Why This Matters

- SEND children often experience learning and emotional challenges together
- Academic success depends on emotional regulation
- Parents play a powerful role in building confidence

Meet the SEND *team!*



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Three Areas That Help Children Thrive

 Learning strategies

 Self-regulation

 Emotional literacy

When these work together, children cope better with challenges

Meltdown vs Shutdown / Refusal

Meltdown

- Emotional overload
- Crying, shouting, distress
- Triggered by overwhelm
- Child cannot regulate in the moment

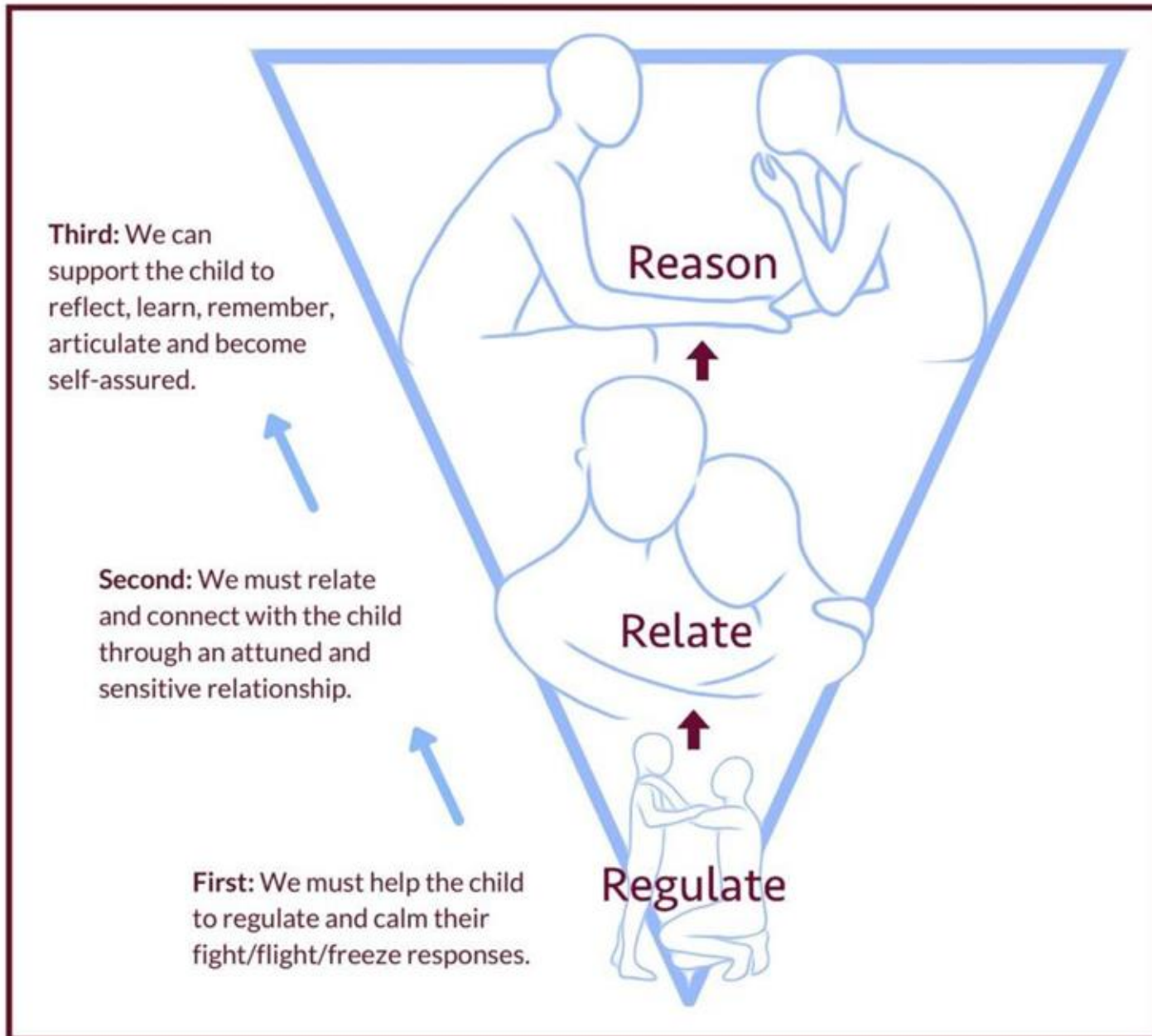
Shutdown / Refusal

- Shutdown: withdrawn, quiet, frozen
- Refusal: avoids starting work
- Often linked to anxiety
- Child may need support to re-engage

How Parents Can Respond

- Speak slowly in a calm, neutral tone of voice
- Reduce language
- Acknowledge the feeling
- Offer a short break/opportunity
- Return to the task in smaller steps

How to support a child who is dysregulated



The Zones of Regulation (Simple Explanation)

Blue Zone - tired, sad, low energy

Green Zone - calm, focused, ready to learn

Yellow Zone - worried, frustrated, restless

Red Zone - overwhelmed, angry, out of control

Helping Children Move Between Zones

Teach two simple strategies children can learn and practise

1 Breathing Regulation: inhale 4 seconds, exhale 6 seconds (repeat 4 times)

Explain this helps calm the body and nervous system

2 Reframing Thoughts: change the message in their head

Example: 'I can't do this' → 'This is tricky but I can try the first step'

What NOT to Say During Homework

Common Phrases



- You should know this already
- Stop being lazy
- It's easy
- Just concentrate
- Why can't you do this?

What Helps Instead



- This looks tricky - let's try the first step
- It's okay to make mistakes
- Let's break it into smaller parts
- Show me what you understand so far

5-Minute Regulation Reset Before Homework

- Movement: wall push-ups, star jumps, quick walk
- Breathing: inhale 4, hold 4, exhale 4, hold 4
- Sensory: water, stretch, fidget
- Connection: 'Let's try the first question together'

Remember - Regulation before expectation

Supporting Different SEND Needs

- DLD - simplify language and give thinking time
- Autism - predictable routines and clear instructions
- ADHD - short bursts of work and movement breaks
- Dyslexia - focus on understanding rather than spelling

Building Independence

- ★ Encourage trying before helping
- ★ Use checklists and visual supports
- ★ Celebrate effort and persistence

Questions & Discussion

- What challenges do you face?
- What strategies work well at home to overcome them?