



Parenting Support

After School Dysregulation

Picture the scene: your child comes out of school and the teacher says they've behaved like the perfect child all day, but the moment you get home they have show a very different set of emotions. Your child may scream, shout, lash out, sulk or be generally dysregulated.

If that scene is familiar to you, you're not alone. This type of behaviour is what some psychologists refer to as 'after-school restraint collapse' and it's not unusual. It happens because your child has been busy managing their emotions all day as they navigate the complexities of school life. When they get home, that's their safe space to let it all out!

The BBC Bitesize 'Parents' Toolkit' has been speaking to educational and child psychologist Dr Anisa-Ree Moses, for some tips on how to support these outbursts of emotions after school. This article can be found online here: <https://www.bbc.co.uk/bitesize/articles/z863cxs>

Low Demand Language

If your child regularly becomes dysregulated, it may be beneficial to use 'low demand' language at these times. This is called declarative language and is a strategy that is used across our school.

Paying attention to our own speaking style can make a difference between a child shutting down and a child opening themselves up to moving forward/learning. When we pause to think about what we say and how we say it, our children in turn stop to think about what they say or do in response.

You can find a 'cheat sheet' here: <https://therapyathome.com.au/wp-content/uploads/TPW->



[DeclarativeLang-A4.pdf](#)

You may wish to purchase The Declarative Language Handbook by Linda K Murphy. Please note that we use this for all children if they are dysregulated and not only autistic children.

Parent Online Workshops

The NHS Psychology in Schools Team in Norfolk and Suffolk run a program of parent workshops throughout the year to provide up to date advice and guidance on how parents and carers can support the young people in their life. All the workshops are recorded for you to watch at any time. The topics covered are:

managing anxiety in your child

low mood
sleep
self-harm
eating difficulties
challenging behaviour
trauma
bereavement
supporting children to manage big feelings

More information about each workshop, plus links to the videos on YouTube, can be found online here: <https://www.nsft.nhs.uk/parent-workshops/>

Parenting anxiety in primary-aged children.

Is your child showing signs of anxiety? If so, the following videos may help you to support your child.

Please find below links to videos which have been put together by educational psychologists and advisory teachers from the Thought-Full team, which is the West Sussex mental health support team for schools. These videos are free to access and are uploaded to YouTube.

Session 1: Understanding anxiety for parents

<https://www.youtube.com/watch?v=m6cAfcuarGI>

Session 2:

Supporting your child with anxiety, fears and worries

<https://www.youtube.com/watch?v=t4Kl8f-kg0o>

Session 3: PACE (Playfulness, Acceptance, Curiosity and Empathy)

<https://www.youtube.com/watch?v=20rLpUbkdUU>

Session 4: Introduction to emotion coaching

<https://www.youtube.com/watch?v=QNccF5LMYwA>

Session 5: Building Resilience

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

Sensory Advice

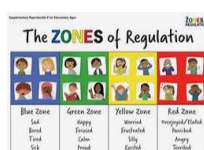
A sensory video series has been made by Sussex Community NHS Foundation Trust Occupational Therapists covering a range of practical advice.

<https://www.sussexcommunity.nhs.uk/patients-and-visitors/resources/patient-resources/sensory-videos/introduction-to-occupational-therapy-sensory-videos>

There are 18 short videos on different topics:

- Introduction to Occupational Therapy
- What is Sensory Processing
- Sensory Modulation
- Is it Sensory?
- General Strategies
- Calming Strategies

- Alerting Strategies
- Feeding
- Sleep
- Tooth brushing
- Clothing
- Sitting Still
- Chewing
- Noise
- Bathing and Showering
- Hair Care
- Nail Care
- Smell



The Zones of Regulation

The Zones of Regulation is used across Halsford Park School. Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

For more information please follow this link:

<https://zonesofregulation.com/how-it-works/>

If, once you have implemented any of these strategies and given these time to embed, you would like further advice, please contact your child's class teacher or a member of the SAFS team via the school office.

Other sources of support:

<https://westsussexsendias.org> Impartial information, advice and support to children and young people who have SEND (special educational needs and/ or disabilities) for those aged 0-25 and their parent carers.

<https://www.wspcf.org.uk/> WSPCF is an independent charity for the parent carers of children and young people aged 0-25 with special educational needs and/or disabilities (SEND). We support parent carers by providing information, signposting, and training that equips them in their lifelong caring role and empowers them to participate in shaping services for their children and young people.

<https://spurgeons.org> Spurgeons is a charity who offer 1:1 intensive support, looking at identifying difficulties and working with families to find solutions and strategies to improve their current situation.

<https://parentingsmart.place2be.org.uk/> Practical tips to support children's wellbeing and behaviour.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/> NSPCC Support for parents.

<https://parents.actionforchildren.org.uk>

Find answers to parenting questions in our advice articles, or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

<https://familyinfoservice.westsussex.gov.uk/SynergyWeb/FSD/>

The Family Information Service (FIS) is provided by West Sussex County Council. We offer free, impartial, up-to-date information to all families on childcare, as well as activities and services for 0-25 year olds.

<https://westsussex.local-offer.org/>

The West Sussex Local Offer helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND).

<https://www.reachingfamilies.org.uk/> Reaching Families is a parent-carer led, grassroots charity, which aims to support parents and families of children and young people with special educational needs and disabilities in their daily lives, in particular through the delivery of information, training and peer support. The website has a range of parent support advice and fact sheets on a range of topics including SEND needs, financial support, bereavement and family breakdown.

<https://www.autism.org.uk/> We are the UK's leading charity for autistic people and their families. We are here to transform lives and change attitudes to help create a society that works for autistic people.

<https://www.adhdfoundation.org.uk/services-for-education/nd-early-years-service/nd-early-years-resources-parents/> The ADHD Foundation is the UK's leading neurodiversity charity, offering a strength-based, lifespan service for the 1 in 5 of us who live with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, Tourette's Syndrome and more.

<https://www.scope.org.uk/> We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society.

<https://www.winstonswish.org/> Winston's Wish provide help and support for bereaved children and young people up to the age of 18 after the death of a parent or sibling, whatever the cause of death. Support includes: Helpline 08088 020 121, ASK email service (ask@winstonswish.org), online chat, face to face support and drop-in service.

<https://www.youngminds.org.uk/parent>

A fantastic organisation offering free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

NHS Every Mind Matters: Whether it's as a parent or guardian to a child or young person, or if someone you know is struggling, there are plenty of ways we can help others with their mental health. You might worry that you do not know the best way to help or will say something wrong and make things worse. But the small things can make a big difference to someone. We have loads of advice and things you can do to support those we care about, as well as plenty of places you can reach out to for further help.