

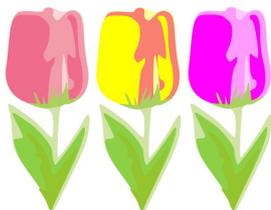
# Bower Grove Support

Support for the Wider Community 1993 - 2016  
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

## Winter/Spring 2016 NEWSLETTER



**Hi!** I hope you had a good Christmas and Happy New Year! We

look forward to seeing you this term at our meetings and workshops. If you are a new parent or carer please join us and feel free to bring your family and friends with you. Our meetings are free; open to any other school and there is no need to book.

Over the last twelve months we had a good mix of meetings and workshops. To mention a few; we covered Sleep – the battle for bedtime, Sensory Processing, IASK Information and Advice Support Kent, and several Behaviour workshops including Behaviour Interventions, PDA and Behaviour Management. We were also joined by a representative from Sustainable Healthy Transport and Jo Blamires, Kent Autistic Trust. **Please see a synopsis of the most recent workshops over the page i.e. Sleep workshop and Sensory Processing Strategies on page 4.** If there is a special subject you would like **please email me, Jo Cousins** at: [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) or speak to me at one of the meetings and I will do my best to help.



*Josephine Cousins*

### WINTER/SPRING 2016 PROGRAMME

Friday 29 <sup>th</sup> January  10.15am – 11.45am	<b><u>E Safety Workshop</u></b>  <b>Do you know where your children are going online?</b> <b>Do you know what they are doing?</b> <b>What is their digital footprint like?</b> <b>Please join us for this important interactive discussion</b> <b>Matt Evans, Bower Grove School, joins us for an informative talk.</b>
Friday 11 <sup>th</sup> March  10.15am- 11.45am	<b><u>ADHD Workshop</u></b> <b>Pam Stephens joins us for a talk about ADHD &amp; Strategies that may help. All are welcome to join us.</b>

# Sleep – The Battle for Bed Time

Pam Stephens returned to Bower Grove Support – this time to talk about “The Battle for Bedtime”. She described some problems encountered in persuading children to go to bed and sleep and some strategies that may help. Pam stressed that she specialises in behaviour management and is not a doctor with medical expertise. However, most sleep clinics will suggest a range of behavioural strategies to try before medical intervention will be considered. By trying these strategies and keeping diaries, parents can often solve the problem or give accurate information to doctors if further intervention is necessary.

**Poor sleep has significant impact on children’s wellbeing. It is one of the most common problems of children and adolescents, affecting their moods, behaviour, ability to learn and their general health.**

Children have different sleep personalities but how much sleep do most children need?



Age	Night time hours	Day time hours
6 months	10	4
1 year	11.5	2.5
2 years	11.75	1.25
5 years	11	0
9 years	10	0
11 years	9.5	0
14 years	9	0

## **Try to find the key if your child is not sleeping.**

- Children do not recognise the body’s sleep signals and can resist sleep. It’s difficult for them to say when it’s time to stop the fun.
- They may be dwelling on a worry about home, school or friendships or a traumatic experience. The child may need help to understand experiences, put them in context and build a coping strategy.
- There may be a medical reason.

## **Parents need to plan and take charge of bed time.**

Give children busy days and give them time to explain and work out their worries. Postpone your own TV and phone calls until they are settled.

### **Set the scene for bed time.**

#### **Calm it down:-**

Reduce activity stimulants before bed - no excitement or rushing around.

Turn off the T. V. computer and electronic games.

Introduce calming activities instead.

#### **Food:-**

Avoid foods such as caffeine, colourants and sugars that will stimulate energy before bed.

Dairy foods and simple carbohydrates can promote sleep.

## **The Bed Room:-**

Prepare for sleep using covers and curtains.

Make it dark, cool, quiet and soothing. (*Melatonin is a natural hormone triggered by the dark. Too much light will keep us awake*).

Ban TV, screens and phone.

Don’t forget Teddy.



## Build a Consistent Bed Time Routine:-

- Warn, wind down and prepare for sleep.
- Make “time for bed” individualised, clear and consistent.
- Bath, pyjamas, teeth ... (*Then don't go back to the living area*).
- Then it's time for cuddle, story,
- Shift gear into sleep time.

## Beware the Parent traps:-

- Delays: - be firm, use a key phrase and leave them.
- Your bed / your company:-Children should sleep in their own beds and alone.
  - Call backs:-Give minimal attention for call-backs. Try “call back” tickets and rewards if not used. Praise good nights.
  - Toilet:-Toilet before bed. Train the child to visit the toilet and return to sleep independently.



## Monsters and Frights:-

Night-time fears are very common. Dreams are real to the child, so don't be angry or scorn them. Reassure they are only dreams.

## Dream Busters:-



Use fun stories like “Monsters Inc.” to put monsters in a happy place and have fun in the dark to reduce the fears well before bed time. Make a dream box to keep dreams safe. Encourage the child to relax and think of soothing things like floating, purring cats or sunsets.

Use a token such as a shell under the pillow, a (water) sleep spray, a dream catcher or turning the pillow to soothe when it's time to sleep.



Children change as they grow older. With tinies be firm and stick to routine. Support older children to make positive choices.

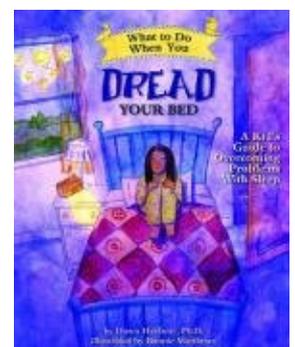


Give praise, and reward good sleeps, using charts as visual prompts if needed. If you have tried the strategies and routines and your child is still not able to sleep, take your records and diaries and seek further clinical help. Hopefully, you will have managed the behaviours and tamed your energiser bunnies or grouch into something more like Garfield Junior!



A good book is “*What to Do when You Dread your Bed*”

*By Dawn Hue*



# SENSORY PROCESSING (INTERACTIVE SESSION)

## STRATEGIES FOR CHILDREN WITH SENSORY PROCESSING DIFFICULTIES



Paediatric Occupational Therapist, Susan Manning, joined us to provide an overview on strategies for children with sensory processing difficulties. We were joined by nearly 100 parents including a few professionals from KCC, CAMBS, Family Action, and a couple of Teaching Assistants.

**Susan explained how Sensory processing difficulties often co-exist with other conditions; please see list below:**

- ▶ ADHD
- ▶ Developmental Disorders
- ▶ Down's Syndrome
- ▶ Cerebral Palsy
- ▶ ASD (80% of ASD population)
- ▶ Specific Learning Difficulties
- ▶ Visually impaired and hearing impaired
- ▶ 5- 15% with no other disability

Susan said the main area she would be speaking about today would be Sensory Modulation Disorder this is a specific type of sensory processing disorder which is most likely what it will be referred to by therapists and pediatricians if they are diagnosing children.

This area covers: **Sensory Over Responsive, Sensory Under Responsive and Sensory Seeking**. During the talk Susan discussed what strategies can be helpful in class and at home. I wouldn't want to try to give a verbatim in this newsletter but I have the handouts from the meeting available if you would like to contact me: Josephine Cousins at:

[psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com)

We thanked Susan Manning for joining us and for a very informative presentation which was appreciated by all.

## SUSTAINABLE HEALTHY TRANSPORT

Sarah Deakin from Sustrans joined us to discuss sustainable healthy transport. There is a year-long project working alongside schools, with a focus on sustainable healthy transport. Sarah provided a stall and gave a short talk about what is on offer and handed out some very useful flyers giving information about independent travel and transport timetables and much more. For further information please visit: <http://www.sustrans.org.uk>



We have a full programme for the winter/spring term and hope you can join us; please spread the word. Our meetings and workshops are open to all and any other school or organisation.

*Josephine Cousins*

## **BOWER GROVE PARENT SUPPORT**

**CONTACT:** Josephine Cousins Tel: 01622 726773 (during school hours)

**Web:** [www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select **Parent Support** for key SEN information.

**Email:** [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com)

**Address:** Bower Grove School Fant Lane Maidstone Kent ME16 8NL