

Parent's Newsletter

June 2021

Autism Awareness

The global pandemic has had an impact on many of young people in different ways. One group we have seen an increase in referrals for, are young people who are either diagnosed with or there are concerns around Autistic Spectrum Disorder. In most cases this is because people on the Autistic Spectrum struggle with changes to routine and can struggle to imagine how things can be a different way, until they have experienced it enough to feel comfortable with it. So its easy to see why the pandemic and all the changes both at home and school could be really difficult for someone on the Autistic Spectrum to manage.

There are lots of services who can offer support. If you are struggling you can:

- Talk to the Class Teacher or Special Educational Needs Co-Ordinator (SENCO) at school. The school can then get access from specialist services such as ASCETS (Autism), CAMHS (Mental Health), Boss (Behaviour) or Educational Psychology.
- Access support from <https://www.autism.org.uk/advice-and-guidance/what-is-autism>

What is Autism?

Autism is not an illness, it just means that your brain works differently to other "neurotypical" people. There is no cure or specific treatment, however sometimes people with autism (and their families) need support in understanding their differences and learning how to manage things which may feel difficult. Autism is a spectrum which means that everyone's experience of it is different, so its really important to understand what it means for you.

- Access support from Ambitious about Autism <https://bit.ly/3431Adf>

ADHD Awareness

There are lots of services who can offer support. If you are struggling you can;

- Talk to the Class Teacher or Special Educational Needs Co-Ordinator (SENCO) at school. The school can then get access from specialist services such as CAMHS (Mental Health), Boss (Behaviour) or Educational Psychology.
- Access support from <https://adhdfoundation.org.uk/parents/>
- Access support from <http://www.addiss.co.uk/allabout.htm>

What is ADHD?

ADHD is a neurodevelopmental condition which makes it difficult for children to concentrate, to sustain attention, to sit still, to follow directions and to control impulsive behaviour. These symptoms make it difficult for children and young people to follow through on tasks which can make classroom-based learning challenging at times.

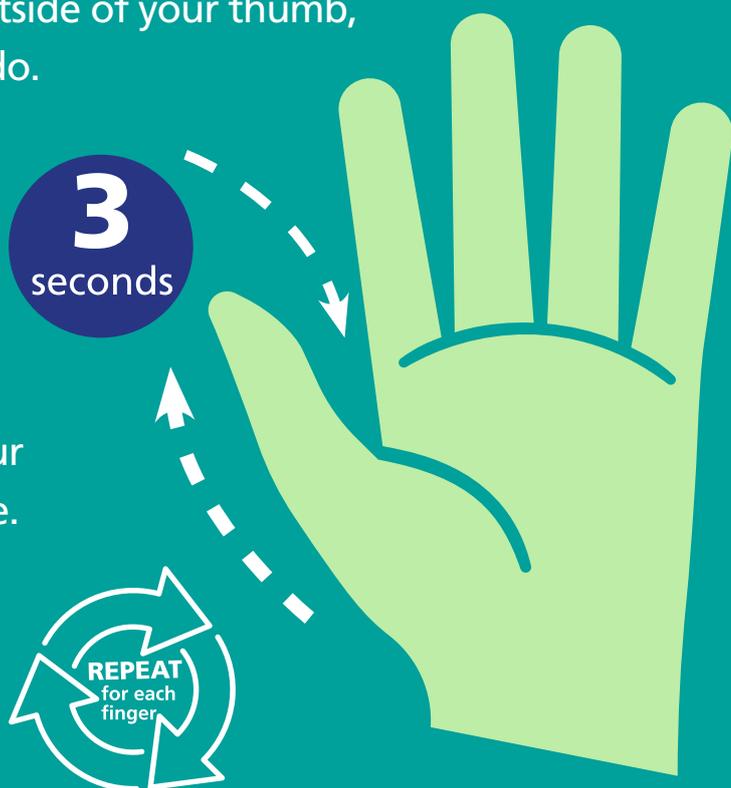


Grounding

There are a few techniques that can be helpful when managing distressing symptoms. Grounding is about focusing on the "right here, right now" instead of getting stuck inside your own head. Here are two you can try if you or young person is feeling overwhelmed:

Finger Breathing

- Trace your finger up the outside of your thumb, breathing in slowly as you do.
- Pause at the top and hold your breath for the count of 3.
- Breathe out as you move your finger back down the inside.
- Repeat for each finger



If you are worried about your child or they would like some further support over the school holidays then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



**WITH
ME
MIND**

Where to get further help and advice

CAMHS: <http://camhs.rdash.nhs.uk>

NHS: <https://www.nhs.uk/oneyou/every-mind-matters/>

With Me In Mind website: <http://www.withmeinmind.co.uk/>

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5,4,3,2,1

Can you name...

5 things you can see

3 things you can hear

1 things you can taste

2 things you can smell

4 things you can feel