Worcestershire Communication TAs

Summer Term 2020 Update
Our service

• We are currently working remotely offering telephone and video appointments
• We are still accepting and contacting new referrals
• Please contact your named therapist if you have any questions or need any support
• We are awaiting guidance from RCSLT and DoH regarding resuming face to face appointments
• We can offer parents support to help children’s communication and behaviour at home. Parents can email us on **WHCNHS.sltcovid19@nhs.net**
Social stories:

The rules for going out:
Covid resources

Section 2 – visual support

Task management boards

**Getting ready for the day**

- Wake up!
- Stretch
- Get dressed
- Wash your hands
- Eat your breakfast
- Brush your teeth
- Get your learning folder
- Sit at your work space
- Log in to your online work

**Study routine**

- Check what work you have been given to do
- Work for ___ minutes
- Take a break and move!
- Wash your hands
- Eat lunch
- Chat to a friend
- Finish your work
- Wash your hands
- Have a snack
www.hacw.nhs.uk/sltcovid19

Covid resources

Section 2 – visual support

Task management boards for staying healthy

...and for post 16 students
New rules:

- Only eat your OWN food
- Only touch your own things
- Stay with the other people in your group
- You cannot share your things...food...toys BUT You CAN share your thoughts...ideas...feelings
- Tell the teacher if... you need the toilet or if you feel ill
- Stay 2 metres away from other people

Visit www.hacw.nhs.uk/sltcovid19 for more resources.
Covid resources

Section 3 – supporting anxious children

Problem planners

We also have some FAQs!
www.hacw.nhs.uk/sltcovid19

Covid resources

Section 3 – supporting anxious children

Advice for parents

Try to be:

- Calm
  - Don’t add to any anxiety that is already there, but also don’t discount their feelings. Some of our children will have lots of questions and concerns and some may not. Follow their lead and listen to what they have to say. If they do not want to talk, then respect that. Let them know that you are available when they are and think about your emotional reactions to what they might say. If they think it might upset you, they will be discouraged from opening up to you.

- Correct
  - Make sure that you have got the right information before you start your conversations and have a plan for how you can confirm what is unclear. Be aware of fact versus opinion. Encourage your child to think about the differences and which sources of information are reliable. Remind them that things change, so always say “Today, the rules are...”

- Clear
  - Use language that your child will understand. Use visual resources to support that understanding such as visual timetables and task management boards. Avoid jargon or complex concepts. Don’t give them too much to process at once. Give them time to think about what you have said and check their understanding by asking them to say it back to you in their own words.

- Current
  - Rules for being in schools are likely to change over the coming weeks and it is really important that your child knows what those changes are going to be at the right time. If you are supporting a child in school and there is a change in their current plan, it is important to include a new plan when the rules have changed.

- Confident
  - We have had a lot of change over the last few months. Some good and some not so good. It is really important to remember that there are likely to be further changes ahead to our daily routines, but, one day, things will feel more normal again. Talk to your child about the positive things that they may have noticed that have been the result of changes recently. Make a plan. This will help you feel more optimistic about any challenges that come your way.
Covid resources

Section 4 – Positive actions

Superhero challenges

All of the scientists, doctors and nurses are being our heroes in the big world to help stop covid-19 from spreading, but how can we be superheroes in our small world to help keep everyone healthy and happy?

There are lots of small world superhero challenges I can do to keep me and my family happy and healthy to help to beat covid-19. I could...

- Think of a new song to sing when I wash my hands
- Make sure I keep 2 metres apart from other people when I go for a walk
- Remember to catch it, bin it, kill it – if I sneeze or cough into a tissue
- Write a comic story about how all the children in the world have helped to beat covid-19
- Teach someone in my house a new skill... video messaging, doing a TikTok dance or keepie uppies
- Learn a new skill from someone in my house
- Cook a meal or a snack for my family using up what we have in the fridge
- Call or message a friend or someone in my family who is feeling lonely or worried
- Create a fun schedule for my family. Plan one fun activity each day that we can do as a family
- Keep a video or written journal about what I have been doing at home to show my teachers
- Make a rainbow to cheer up people as they walk past where you live
- Try a new food I haven’t tried before

The NHS would like to say THANK YOU to __________________ for being a superhero and helping us fight COVID-19 by completing this challenge: ___________________________________________

Well done!

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Covid resources

Section 4 – Positive actions

Walk challenges:

Can you find something...

- heavy
- fast
- smelly
- rough
- tiny
- soft
- wet
- loud
- bendy

Daily walk challenge

- a red door
- a satellite dish
- a postbox
- a yellow car
- someone jogging
- a caravan
- a caravan
- a satellite dish
- a postbox
- a yellow car
- someone jogging
- a red door
Parent activities at home

Lots of resources to support children’s language at home with a demonstration video and all resources to download as PDFs

Children’s Speech and Language Therapy Resources

Please click on the tabs below for work sheets and additional resources.

- Parent Activities at Home
- Social Skills Resources
- Resources to help at home
Get Worcestershire Signing

[link to www.signalong.org.uk] currently offering a free manual to download. We have added lots of stage 1 signs to our Get Worcestershire Talking playlist on YouTube – just search Worcestershire Speech and Language Therapy. We have some signed stories and songs and are planning to add to these 😊.
Did you know that The Oak National Academy has a specialist offer? Differentiated lessons for pupils with additional needs to help parents with home learning. New lessons are added weekly.

I'm a speech and language therapist working for Worcestershire NHS Health and Care Trust. My specialisms include Augmentative and Alternative Communication (AAC) and Dysphagia (eating and drinking difficulties). I currently work with young people who have SEN ranging from children in pre-school settings to young adults in education. The most rewarding part of my job is that every day is different which allows me to find creative ways to support children, young people and families to become more confident with speech, language and communication. When I'm not at work I enjoy painting, cooking and walking my dog, Noodle.

www.thenational.academy
Keep in touch...

Worcestershire Speech and Language Therapy
Closed group - Worcestershire Communication TAs

Twitter - @SLT_Worcs
Instagram - slt_worcs

www.hacw.nhs.uk/childrensSLT

Communication Tas section in resources – presentations will be downloadable here!