

B&NES and Wiltshire Needs Led Approach Resource Pack

Based on the Portsmouth Neurodiversity Profiling Tool

(Researched, revised, and evaluated in coproduction with clinicians, care givers and service users in Portsmouth, adapted for use in B&NES and Wiltshire in 2024)

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1. Practical strategies, knowledge and understanding

Think about all the strengths the child has - use these to support the child further.

Children with possible neurodivergence are often many of these....

- Great at running, jumping, climbing and swinging
- Creative and love making things
- Helpful and kind
- Great at games
- Really good at focusing on something specific for ages
- Brilliant imagination
- Great with numbers and patterns
- Have a strong sense of right and wrong
- Try hard to be a good friend
- Know lots about things
- Know how others are feeling
- Can remember and notice lots of details
- Have cool skills they have practised a lot

(from NeuroWild)

1.1 Direct support for the individual child:

Encourage the child to...

- Tell you what helps them and act on this
- Give themselves a break when things feel hard/ overwhelming
- Tell someone they trust when things feel hard (explain what this might feel like for them)
- Try different clothing/ fidget toys/ headphones/ sunglasses etc to see what their body prefers
- Take time to do the things they love- as long as they are safe and other people are safe it doesn't matter what this

(from NeuroWild)

2. Ideas and resources

2.1 Sleep

Things to try

- Take some time to plan your routine and write it down
- Be consistent- this can take several weeks/months to have a positive change
- Display the new routine where everybody in the home can follow it
- Do the same thing at the same time each day, including having a set wake up time each morning.
- Turn off all screens at the start of the routine (taken from the [Home - The Sleep Charity](#) - please see for further ideas)

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational setting/ Young Person	Suggested age range
Sleep Webinar » Webinars: The Pathway, Sleep, Emotions and behaviour, Anxiety (Wiltshire) » Webinars: The Pathway, Sleep, Emotions and behaviour, Anxiety (B&NES)	Sleep webinar describing why sleep is important and strategies to support sleep (16-minute video)		All ages
CAMHS Coping with poor sleep Oxford Health	Video, booklet and worksheets on understanding and coping with poor sleep		Secondary school age
Cerebra Sleep Advice Service - Cerebra	Free sleep diaries Free telephone consultations with practitioners Advice about different sleep routines to try		All ages

The Sleep Charity The Sleep Charity	Offering expert knowledge, resources and training		All ages
Great Ormond Street Sleep hygiene in children and young people	Information sheet explaining about sleep hygiene		All ages
East Lancs Hospital Trust- Sleep information Video: why is sleep important?	Video explaining all about sleep- aimed at primary aged children		Primary school age
Teen Sleep Hub Teen Sleep Hub	A one stop shop for all you need to know about sleep		Secondary school age

2.2 Nutrition

Things to try

- Offer your child the same meal as everyone else, alongside their preferred option
- Think about what your child has had over a week, as opposed to just over one day
- Try and eat as a family
- Let your child play with food during non meal times
- Most people should get all the nutrients they need by having a varied and balanced diet

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Advice for children: Wiltshire Health and Care Advice for children - diet	Dietician advice surrounding nutrition and eating		All ages
National Autistic Society – Eating, a guide for all audience Eating - a guide for all audiences	This guide explores common issues surrounding eating		All ages
Eat Well- NHS Eat well - NHS	Information and guidance about eating a healthy, balanced diet		All ages
Activate: Holiday Activities and Food Activate: Holiday Activities and Food	Activate: Holiday Activities and Food (HAF) programme offers government funded holiday activities with a free meal for any child who is eligible.		School age

FUEL programme- Wiltshire Council FUEL Programme	The FUEL Programme is a bespoke provision for eligible children reception to year 11		School age
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2.3 Speech and Language

Things to try:

- Use the child's/ young person's name before any instruction
- Give processing time before repeating instructions- wait six seconds before saying anything else and if needed repeat using the same words
- Remember- the child/ young person may not understand negatives- tell the child what you want them to do!
- When talking use objects of reference/ photographs/ visuals (for older children use lists/ key words/ calendars)
- Pre-teach vocabulary before lessons

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Wiltshire Speech and Language Therapy » Speech & Language Therapy Service	Helpful resources, including a video all about Developmental Language Disorder		0-18+
B&NES Speech and Language Therapy » Children's Speech and Language Therapy	Helpful resources		0-18+
Wiltshire Speech and Language Therapy Speech and Language support videos	Webinars on supporting speech and language development		0-11
CBeebies- speech and language	To help your child learn to communicate with these strategies to help children make themselves		0-5

Speech and language difficulties - CBeebies	understood and express their feelings		
Specialist Autism Support Service A guide for education settings	A guide for education settings from early years to post-16, full of strategies and visuals, signposting you to other helpful resources		All ages

2.4 Listening, Attention, Impulse Control and Energy Levels

Things to try

- Schedule in movement breaks during the day
- Think about seating- what on and where
- Use clear instructions: short sentences, give time expectation, model what you expect to see at the end, noise levels, in / out of seat, use a silent timer
- Keep a record of what has happened during the day, reflect on this to make a future action plan
- Find fidgets toys that work for the child and you!

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Neurodevelopmental Pathway – what is ADHD » What is Attention Deficit Hyperactivity Disorder (ADHD)? (Wiltshire)	Extensive information and advice regarding ADHD and strategies that can be used to support attention and listening needs. Includes a webinar.		6-18+

» What is Attention Deficit Hyperactivity Disorder (ADHD)? (B&NES)			
Wiltshire Speech and Language Therapy – Attention and Listening » Attention and listening	Helpful resources and information supporting attention and listening needs		0-11
B&NES Speech and Language Therapy- Attention and Listening Attention-and-Listening-Advice	Information on ways to support attention and listening		0-11
Amazing Things Happen: ADHD What is ADHD?	Video which shows what ADHD is		6-18+
Focus Keeper: Focus Keeper	Timer to support organisation		11-18+
Specialist Autism Support Service A guide for education settings	A guide for education settings from early years to post-16, full of strategies and visuals, signposting you to other helpful resources		All ages

2.5 Emotional Regulation

Things to try:

- ❖ Name and validate the emotion you think the child/ young person is presenting with
- ❖ Identify triggers
- ❖ Notice if a child needs a break/ for older children create a space for them- allow alone/ recharging time/ use relaxation/ breathing techniques

- ❖ Use visuals to support emotional regulation awareness
- ❖ Think about the sensory environment around the child/ young person (noises, lights, smells etc)

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Neurodevelopmental Pathway- webinars » Webinars: The Pathway, Sleep, Emotions and behaviour, Anxiety (Wiltshire) » Webinars: The Pathway, Sleep, Emotions and behaviour, Anxiety (B&NES)	Webinars to support emotions, behaviour and anxiety		3-18+
B&NEs- Educational Setting Nursing » Educational Setting Aged Health Service (5 – 19 Years)	Information regarding support that the Educational Setting Nursing Team provides.		5-18
Wiltshire – Educational Setting Nursing » 5 – 19 Years (Educational Setting Aged Health Service)	Information regarding support that the Educational Setting Nursing Team provides.		5-18
Wiltshire Local Offer for social and emotional mental health Social and Emotional Mental Health - Local Offer	Extensive information, advice and signposting to support available in Wiltshire		0-18

Wiltshire Council: Emotionally Based Educational Setting Avoidance: Emotionally Based Educational Setting Avoidance (EBSA)	Guidance documents to help Educational Settings and families to understand and support children experiencing EBSA, along with information documents for children and young people		5-18+
B&NES- Information on Emotionally Based Educational Setting Avoidance: Emotional Based Educational Setting Avoidance	Information on Emotionally Based Educational Setting Avoidance (EBSA)		5-18+
Young Minds Young Mind	Support for young people, parents and professionals		8-18+
Autistic girls network- Alexithymia and autism Alexithymia and Autism - Autistic Girls Network	Information about when people find it hard to recognise their own, and other peoples, emotions		8-18+
National Autistic Society- a guide to anger management A guide for parents and carers	Information for carers on supporting anger management		5-18+
Ambitious about Autism- physical and mental wellbeing Physical and mental wellbeing Ambitious about Autism	Various articles proving information on physical and mental wellbeing		3-18+
The Incredible 5 Point scale	Information on how to teach social and emotional		3-18+

The incredible 5 point scale	concepts to children and adults who could use some extra support		
The Zones of Regulation The Zones of Regulation	A social and emotional learning curriculum and regulation program		5-18+
Specialist Autism Support Service A guide for education settings	A guide for education settings from early years to post-16, full of strategies and visuals, signposting you to other helpful resources		All ages

2.6 Motor Skills

Things to try

- Use obstacle courses to practice gross motor skills
- Practice throwing and catching with bigger balls
- Use tweezers to pick up objects to develop fine motor movements
- Practice tying laces, threading, doing up buttons, using a keyboard
- Play games such as dot to dot, noughts & crosses, colouring

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Wiltshire Integrated Therapies Service » Integrated Therapies Service	Information regarding support that the Integrated Therapies Team provides		3-18+
Children's Therapies-B&NES Children's Therapies Royal United Hospitals Bath	Information regarding support that the Children's Therapies Team provides		0-18
Swindon Council- SPARK(EY) Sparkey-pack.pdf	Support for co-ordination		3-5
Swindon Council- SPARK Pack SPARK developmental and co-ordination resources Swindon Borough Council	Support for co-ordination		5-11

2.7 Sensory Skills

Things to try

- Plan for sensory overwhelming environments
- Create positive sensory experiences for the child/ Young Person (e.g. build in a slime making activity for literacy work)
- What adaptations could you use? Headphones/ sunglasses/ different flavoured toothpastes/ fidgets/ cutting labels out/ seamless socks
- Listen to what the child finds hard about the environment and adapt where possible
- Support the child to develop resilience to the environment (e.g. use 'backward chaining'- for example let the child join the last few minutes of assembly and leave with everyone and then build this up)

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Wiltshire Integrated Therapies Service » Integrated Therapies Service	Information regarding support that the Integrated Therapies Team provides.		3-18+
Children's Therapies-B&NES Children's Therapies Royal United Hospitals Bath	Information regarding support that the Children's Therapies Team provides.		0-18
Joining in with sensory differences Joining in with Sensory Differences	Resources to help you understand sensory processing and how you can support your child or Young Person.		All ages
SPARK(EY) Educational Setting and Parent Advice Regarding Kids Sparkey park	Support for sensory needs		3-5

Swindon Council- SPARK Pack SPARK developmental and co-ordination resources	Support for sensory needs		5-11
National Autistic Society- sensory differences Sensory differences	Examples of sensory differences and strategies to help		0-18+
Autism Understood- sensory differences Sensory differences - Autism Understood	Information on sensory differences		0-18+
Specialist Autism Support Service A guide for education settings	A guide for education settings from early years to post-16, full of strategies and visuals, signposting you to other helpful resources		All ages

2.8 Flexibility and Adaptability

Things to try

- Use 'now and next' boards/ visual timetables
- Show photos of new places/ changes to the environment
- Support child/ Young Person to place a visual in a 'finished' tray to support transition between activities
- Use a visual timer for ending activities – lots of free ones online
- Supporting demand avoidance: use choices, start suggestions with phrasing such as... 'I wonder if we could....', 'would it be a good idea to do x or y?'.
Listen and see what you can offer them.

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Support in Wiltshire for Autism Setting Strategies (SWASS) Setting/Reception Class strategies for the Early Years' Foundation Stage	Extensive resource of ideas and day to day strategies to support children		Early years and foundation stage

Early Years Setting Strategies			
Support in Wiltshire for Autism: Educational Setting Strategies Educational Settings Strategies	Extensive resource of ideas and day to day strategies to support children and young people		5-18
National Autistic Society- changes to routine Dealing with change	Information on difficulties with changes to routine		3-18+
National Autistic Society- information on visual supports Visual supports	Information on using visual supports to support young people		0-18+
National Autistic Society- Information on Social Stories (Carol Gray) and Comic Strip Conversations (Carol Gray) Social stories and comic strip conversations	Information on using Social Stories and Comic Strip Conversations		3-18+
Autism Education Trust- information on transitions Resources to Support Autistic Children and Young People	Information on how to support children and young people with transitions		3-18+
National Autistic Society- information on demand avoidance Demand avoidance	Information on how to support children and young people who demonstrate demand avoidance		5-18+
Specialist Autism Support Service	A guide for education settings from early years to post-16, full of strategies		All ages

A guide for education settings	and visuals, signposting you to other helpful resources		
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2.9 Social Relationships, Social Interaction and Play

Things to try

- Reassure the child they can share what they need to (e.g. special interest) at a specific time and keep to that
- Consider whether the child/ young person wants to play- are they happy to be alone? This is okay!

- If they want to play, but struggling to initiate, consider use of a buddy or structured play activity
- Support waiting by giving clear instructions when it will be their turn
- use Social Stories & Comic Strip Conversations (Carol Gray) to support social understanding/ to help reflect on social situations

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
Wiltshire Speech and Language Therapy- let's play webinar » Intervention support videos	Webinar on supporting play and communication		1-5
Support in Wiltshire for Autism Setting Strategies (SWASS) Setting/Reception Class strategies for the Early Years' Foundation Stage Early Years Setting Strategies	Extensive resource of ideas and day to day strategies to support children		Early years and foundation stage
Support in Wiltshire for Autism: Educational Setting Strategies Educational Settings Strategies	Extensive resource of ideas and day to day strategies to support children and young people		5-18
National Autistic Society- changes to routine Dealing with change	Information on difficulties with changes to routine		3-18+
National Autistic Society- information on visual supports Visual supports	Information on using visual supports to support young people		0-18+

National Autistic Society- Information on Social Stories (carol Gray) and Comic Strip Conversations (Carol Gray) Social stories and comic strip conversations	Information on using Social Stories and Comic Strip Conversations		3-18+
NHS- ideas for baby and toddler play Baby and toddler play ideas - NHS	Ideas and strategies on supporting play in babies and toddlers		0-5
Ambitious about Autism- friendships 10 reasons people with autism struggle with friendships	Information on friendship needs		5-18+
National Autistic Society- information on socialising and relationships Socialising and relationships	Information on socialising and relationships		5-18+
Autism Understood- relationships Autism & Relationships - Autism Understood	Information on romantic relationships		14-18+
Specialist Autism Support Service A guide for education settings	A guide for education settings from early years to post-16, full of strategies and visuals, signposting you to other helpful resources		All ages

2.10 Cognitive Ability

Things to try

- Give time for the child/ young person to think about your questions, silence is ok!
- Use real items/visuals to support understanding of concepts
- Use interests to engage and motivate- strength- based learning
- Offer technology to support the child (e.g. read aloud, talking tins)
- Consider developmental level of the child, rather than chronological age

For more detailed information and ideas:

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person	Suggested age range
B&NES Local Offer Special Educational Need or Disability (SEND) Local Offer	Information on the B&NES SEND local offer		0-18+
Specialist SEN Service- Wiltshire Specialist SEN Service (SSENS) Information	The Specialist SEN Service (SSENS) is a team of Specialist Advisory Teachers, supporting children and young people as part of Wiltshire Council's 0-25 SEND Service.		0-18+
Devon County Council- supporting executive functioning Executive functioning - Support for Educational Settings and settings	Information on what executive functioning is and ideas and strategies to support		5-18+
	Other suggestions:		

	Overlearning opportunities needed to develop confidence Use sentence starters Lists of topic specific vocabulary Differentiate homework: reduce reading demands and allow different ways to present ideas, use time limits Coloured overlays available to try		
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3. Specific support for families

Website or Name of resource	Brief Description/ What people find helpful	For Home/ Educational Setting/ Young Person
Wiltshire Family Hubs Wiltshire Family Hubs - Supporting families in Wiltshire	Various courses to support parents	
Parent Hub Parenting Courses in Bath and Bristol	Various courses to support parents	
Wiltshire Parent Carer Council WPCC	Extensive information and support for families	
Banes Parent Carer Forum BanesPCF – Banes Parent Carer Forum	Extensive information and support for families	
NeuroWild (Emily Hammond) – on Instagram and Facebook NeuroWild	Information on supporting neurodiversity and taking a neuro-affirmative approach	  
Wiltshire SENDIAS Wiltshire SENDIASS - Family Action	Free and impartial information advice and support on Special Educational Needs and Disability (SEND)	 
SENDIAS bathnes I Send partnership	Free and impartial information advice and support on Special Educational Needs and Disability (SEND)	  