

Home School Link Worker Weekly Bulletin

Free online parenting courses

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace  **NHS**

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Residents of SURREY

In paid partnership with:



Use Access Code
ACORN

Other courses available are listed below:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your teenager's brain
- Understanding your child with additional needs
- Moving up to secondary school for children with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing

These courses are presented in modules so you can work through them at your own pace.

Registration is quick and easy. Go to the [Ourplace online learning website](#) and use the access code '**ACORN**' to access your free modules.

Support programmes for parents and carers of children with autism

On behalf of Surrey County Council's All Age Autism Strategy, the Autism Outreach Service is coordinating a series of support programmes for parents and carers of children with autism or suspected autism in Surrey.

Each programme includes six sessions of 2½ hours, delivered by experienced professionals through a mix of in-person and online formats.

The National Autistic Society Early Bird Programme for parents of children aged 5 years and under which covers:

- Understanding autism
- Communication
- Understanding autistic experiences
- Supporting daily living
- Health and wellbeing
- Connections

Barnardo's Cygnet Programme for parents of children aged 5-18 years old which covers:

- Introductory session
- Overview of autism with parent and carer experience
- Thinking & sensory
- Social interaction & communication
- Understanding & supporting behaviour
- Analysing behaviour

The National Autistic Society Teen Life Programme for parents of children aged 10-16 years old which covers:

- Understanding autism
- Understanding autistic identity
- Stress, anxiety and understanding behaviour
- Health and wellbeing
- Puberty
- Education and transitioning into adulthood

To book on one of these programmes, you can [register your interest here](#) to sign up to the mailing list. You will then be emailed each time a new set of courses are added and available for booking. If you have any questions, please email parenttraining@freemantles.surrey.sch.uk

Family Lives article: Managing change and transition in neurodivergent children

[Click here](#) to read their article.



Fun activity of the week: Homemade air-dry clay

You will need:

- 1 cup white glue
- 1 cup cornflour
- 2 tablespoons white vinegar
- 2 tablespoons oil (a clear oil like baby or coconut works best)
- Food colouring or liquid watercolours (optional)

Method:

1. Combine the glue, vinegar, and oil in a medium mixing bowl and stir until well combined. Add the cornflour and mix well.
2. Pour your mixture into a small saucepan and cook over low heat until it starts to resemble smooth mashed potatoes (this can take up to 10 minutes).
3. Remove from the heat and allow to cool enough to be able to handle.
4. Transfer the clay onto a surface lightly dusted with cornflour and knead well for several minutes until it loses its stickiness and becomes smooth and pliable.
5. You can use food colouring or liquid watercolour paints to create rainbow of coloured clay! Simply divide clay into sections, add a few drops of colouring, and knead well.
6. You can now use this air-dry clay to create decorations, pots, or ornaments.
7. Let clay pieces dry completely before adding paint or other decorative elements.



Recipe of the week: Eggy bread

Ingredients:

- 1 large free-range egg
- ½ tbsp milk
- vegetable oil
- 2 thick slices of bread, halved
- salt and freshly ground black pepper
- tomato ketchup or brown sauce, to serve



Method:

1. Beat together the egg, milk and a generous amount of salt and pepper in a shallow bowl.
 2. Heat enough oil to just cover the bottom of a large frying pan over a medium heat. When the oil starts to shimmer, dip the bread into the egg mixture and add it to the pan. Cook for 5 minutes on each side, or until golden-brown.
 3. Serve with tomato ketchup or brown sauce.
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If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) hslw2@stmarys-byfleet.surrey.sch.uk (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

