

# A Parent/Carer's Guide to The SEND

## Journey



### Parents/Carers

Things to think about that might be impacting:

- What does my child's **sleep** routine/pattern look like?
- What are my child's **eating** habits? Are they accessing enough healthy foods?
- What are my child's routines around **technology**? Are there any **medical/health** needs that need investigating?
- When was the last time your child had their **eyes** tested? **Hearing** checked?
- Are there any **events** that have happened that might be impacting e.g. death of a family member.



### Parents/Carers:

Other resources to explore:

- **Lincolnshire Local Offer:**  
<https://www.lincolnshire.gov.uk/send-local-offer>
- **Team Around the Child:**  
<https://www.lincolnshire.gov.uk/keeping-children-safe/team-around-child>

### Parents/Carers:

How to support at home (choose the ones that are relevant):

- If **behaviour** is a concern, keep track of behaviour thinking about what happened before the behaviour, what was the behaviour and what was the consequence.
- Regular **reading**
- Practising **number bonds/times tables**
- Use of **BOSS's Toolkit for Regulation**
- Feel calm with a **sensory circuit**
- Check out your **school's website** for any useful resources or information

