



Christmas can be a tricky time for many of us. To help the children (and their families) have a successful Shristmas, here are some top tips:

- 1.Visualise the plan use a visual schedules (calendar or photos) to help map out key dates (travel and visitors).
- 2. **Sensory Safe Zone** designate a quiet, undecorated "quiet corner" with noise-cancelling headphones and favourite fidgets.
- 3. **Stick to Safe Foods** Ensure your child has access to their preferred, non-negotiable "safe foods". Remove pressure of trying new things.
- 4. **Pace Gift Opening** Spread out gift opening over the day or even a few days.
- 5. **Schedule Down Time** Intentionally build low-key, no-pressure days into the holidays.



## **Christmas Baking!**

I would love to set the children a Christmas challenge.

Can they decorate a biscuit or cake in the theme of Christmas?

Please send a photo of your child's design to my email address: charlie.finlay@selwood-academy.co.uk and the best design will win a prize!

They may eat their entry once the photo is taken! •



## Somerset Local Offer

https://www.somerset.gov.uk/children-families-and-education/the-local-offer/

This website provides information to families of children and young people (0 to 25) with special educational needs and/or disabilities.







