



## St Anne's Catholic Parunary School

### How to survive the school holidays



Surviving the summer holidays with children who have special educational needs (SEN) requires careful planning and a focus on routine, clear communication, and creating a supportive environment. Key strategies include maintaining a predictable routine, preparing for changes, and planning engaging activities that cater to individual needs.

1. **Stick to a routine:** Children prefer a routine and predictability, so try to stick to your regular routine as much as possible during the holidays. This can help reduce anxiety and stress. This included bedtimes and mealtimes.
2. **Communicate with family members:** Let family members know how they can best support you and your children during the holidays. This can help prevent misunderstandings and ensure that everyone has a positive experience.
3. **Create a quiet space:** Set up a space where your child can retreat and have a timeout. This can be a place where they can relax, decompress, and recharge.
4. **Plan ahead:** Be prepared for any changes to your child's routine, such as travel or special events. Communicate this effectively to your child so there are no surprises. This can help reduce anxiety and make the transition smoother. Involving your child into planning activities creates an activity in itself whilst also ensuring children can be prepared for the day/days ahead.
5. **Practice self-care:** Taking care of yourself is important during the holidays, especially when you have a child with special needs. This can be as simple as taking a walk or reading a book, to help you reduce stress and recharge.
6. **Sensory Breaks:** Incorporate sensory breaks into activities to prevent overstimulation and meltdowns.
7. **Social Stories:** use stories to help your child prepare for new or challenging situations, like visiting new places, attending large events or coming back to school in September.

**Here are some websites with SEND friendly activities/days out:**

- <https://www.knowsleyinfo.co.uk/play-and-leisure/activitiesgroups-suitable-send>
- [https://clubhubuk.co.uk/club-search/?search\\_location\\_static=ormskirk&search\\_location=ormskirk&advanced\\_lat=53.568935&advanced\\_lng=-2.885057&search\\_age=5%2C7%2C11&category=all&submit=Search](https://clubhubuk.co.uk/club-search/?search_location_static=ormskirk&search_location=ormskirk&advanced_lat=53.568935&advanced_lng=-2.885057&search_age=5%2C7%2C11&category=all&submit=Search)
- <https://www.autism.org.uk/what-we-do/families/families-ideas-for-days-out>
- <https://www6.apps.lancashire.gov.uk/w/webpage/all-events?service=ALL>