Dear Parents and Carers, welcome to January’s Safeguarding letter

Dear parents and carers , I have some links which may be helpful if you support a child with Autism.

There are several apps around which are created to support neurodivergent people to improve the quality of life which have been created for them by other neurodivergent people, here are a couple examples of some of those apps:

**Routinery** is a great app for those who struggle to make and keep daily routines. The app is **free** and available on apple and android meaning that anyone who needs a boost with routines have access.

In the app a ‘bot’ welcomes you and helps you create a morning routine with suggestions on what you may want to do e.g. making your bed, drinking water, showering. When you complete a routine, you get a seed which to keep alive you must follow your routing creating a motivation to want to do complete the routine. In the app you can create as many routines as you need to help you through the day with specific time frames from when you want to complete them.[**https://routinery.app/**](https://routinery.app/)

**Habitica** is a routine help app which allows the user to complete tasks with a reward.

When selecting the situations, you are trying to be more productive in areas e.g. school, and self- care. When you complete a task, such as taking a 10-minute break, you get rewarded with points which when you collect them you get rewarded with things like pets. In habitica you can also join friends to take on quests or go solo and do monthly/ weekly challenges set by others. The app is **free** and available on apple and android and online meaning that anyone can complete tasks from anywhere without needing to have a specific type of technology.[**https://habitica.com/**](https://habitica.com/)

Of course not every app may be suitable for everyone due to individual differences and preferences but when you find one which improves your mood or quality of live by providing a routine it can significantly help.

* Please remember that whenever there is an option for contacting others via an APP that parental support should be in place.
* If you would like help setting an APP up, or want to come and try one please give Mr Grant a quick call and we can organise a quick catchup.

Stay Safe and have a fab 2024

THE FIRST SAFEGUARDING LETTER OF 2024 !