

COSY UP



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

HOLIDAY HAPPINESS

Rob Emery (*Autism Specialist Teacher*)

The Summer holidays are coming up and some people might be planning a family holiday; travel, hotels, days out....sun, sea and sand. However, for some families of children with autism, the changes in routine during the holidays can be a source of anxiety and distress. The best way to ease this anxiety is to provide as much predictability as possible, supporting children to understand what is happening now and what will happen next. In this issue we look at some strategies that might support families considering days out and holidays this season.

PREPARATION

Predictability is the antidote to anxiety. Making things predictable might require you to start preparing weeks in advance.

- You might look at photos from a previous holiday and talk about them with your young person. What sort of activities do the photographs show?
- You might create a visual countdown to the holiday to enable your young person to visualise when it will happen, how long it will happen for and when their routine will return to normal.
- Talk about the travel involved, Look together at the road journey, train journey or plane journey. What route will you take? Look at live departure/arrival boards. Look at photos/plans of the airport and the stages involved in boarding the plane etc.
- Look at photos of the destination, the hotel room/accommodation, leaflets for attractions and activities to do whilst you are there.



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PLANNING

You might plan your time away in advance, book activities/visits this can help provide the predictability that can ease the anxiety of changes in routine.

- Create a timetable of your time away including activities, mealtimes and bedtime routines.
- Inform airline staff and resort staff of your child/young person's needs where appropriate to find out what support they can offer.
- Consider doing a practice run/visiting the airport beforehand.
- Pack any specific food
- d/items that your child/young person requires that might be unobtainable at the destination.
- You might create a reward chart specific to your trip.
- Plan in some quiet times/activities to help with sensory regulation.

HEADING HOME

It's important to also consider the transition back to normality,

- Count down the days to the return home.
- Look a photos of the people and places back at home.
- Plan the journey home and look at the route.

Whatever you plan to do this Summer, holidays, days out or fun days at home, enjoy your time together.

More information is available at the National Autistic Society website ([click here](https://www.autism-society.org/)).

The Sensory Corner

Motor Skill Development

In the previous issue we looked at the proprioceptive sense and how this effects the body's sense of movement, action and location and how this might present in our children/young people including a delay in the development of motor skills. Here are a range of activities to support the development of fine and gross motor skills.



Summer Wordsearch

S	J	C	A	M	P	M	C
W	G	L	A	M	C	H	M
I	J	M	M	P	Y	Y	Z
M	V	K	B	E	A	C	H
S	U	M	M	E	R	M	S
M	H	O	T	E	B	H	U
K	O	I	G	U	F	U	N
W	A	T	E	R	O	Q	E

BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER

Out & About

Dragon Boat Festival:
Nene Park, 11th June
[Click Here](#)

Sacrewell Farm Jubilee Celebration:
[Click here](#)

Tour of Cambridgeshire Cycling Festival:
10-12th June:
[Click Here](#)

Modified Car Show:
28-29th May
[Click Here](#)

Buzz about Bugs:
Lyveden New Bield
[Click here](#)

Burghley House Crafts:
[Click here](#)

VIVACITY
Short breaks for children and young people aged 7-19 with SEND.
[Click here.](#)
Railworld:
[Click here](#)

Rainy Days

Try these...

Learn about the Royal Family:
[Click here](#)

Jubilee Craft and Sensory Ideas:
[Click here](#)

Jubilee food ideas and recipes:
[Click here](#)

Ceebebies Child Friendly Recipes:
[Click here](#)

Platinum Jubilee Quiz and activities:
[Click here](#)

NOTICE BOARD

To do:

- Consider exam preparation (See the information about the Hub Exam Preparation Sessions)....
- Consider how to prepare for transition between settings...

Upcoming events:

Monthly ADHD/ASD Parent group:
Organised by Family Voice for more information [click here.](#)

WELCOME TO OUR TEAM: DONNER LEVER

Hi Everyone! I have been working in schools across Peterborough for the past 20 years. I have worked for the Hearing Impairment Team, I have supported families that have English as an additional language and have worked with pupils with a range of complex needs. I am now really enjoying my new roll with the Autism team and the new challenges. I also love doing lots of outside activities with my family. We really enjoy water sports, walking in the peak district, mountain biking and exploring new places. I also just became a Nana so I love nothing more than spending time with my lovely grandson. I look forward to meeting and working with you.