

# Secondary Top Tips

Dear Parent / Carer,

**We hope that you are keeping well and safe. The Speech, Language and Communication Team have created a Top Tips handout to support parents and pupils across Swansea during these unprecedented times. Please find below useful strategies, links, activities and resources to support your child's Speech and Language development.**

**We hope you stay safe and well!**

**Huw Beynon, Reina den Hollander, Sian Mitchell, Rachel Vallance and Claire Warlow.**

Children and young people can only learn if they feel safe.

Have fun!! Make jokes, sing, dance and play together!

Set up family time together, for example daily meal and break times.

Create good sleep routines: get up and go to bed at roughly the same time. A warm drink without caffeine, and relaxation time prior to bed will help them settle. Switch off devices one to two hours prior to bedtime.

Stay healthy: ensure everybody does some exercise every day, and encourage healthy eating if possible.

Encourage your child to keep learning new things: engage with work set by school and maybe pick up a hobby or new skill! This does not have to cost any money. Encourage some time away from devices. Check if your child needs help organising schoolwork.

Encourage your child to stay connected with friends and family.

Allow time to talk to your child about what is happening in clear and factual language. Focus on what your child can do to stay safe (stay inside, wash hands, social distancing, daily exercise, good sleep and food), and less on areas they have no influence on (number of infections, etc).

Being away from friends is particularly hard for teenagers, give them some space. Expect feelings of anger, misery or anxiety.

## Strategies for good communication and developing using language

- Encourage good listening skills: STOP what you are doing, LOOK at the person, THINK about what they are saying. Try to really listen to your child, to give them your time (e.g. put your phone away).
- Take time to talk to each other. Take turns, listen to what your child says. Try not to interrupt each other.
- Consider if your child is motivated to talk: they may be busy with something else, or may not want to talk about what you want to talk about! It may help to call your child's name first.
- Use shorter sentences and easier words if needed.
- Use non-verbal communication (facial expressions, gestures).
- Model good language to your child. Talk to them, about anything!
- If they make an error, repeat what they said with slight emphasis on the correction. E.g. if your child says: "He bringed it to school", you could respond with: "He **brought** it to school?"
- Give your child extra time to think about their answer. If they make an error, repeat what they said clearly and correctly so they hear good examples.
- Use Mindmaps to help your child organise their thoughts and ideas. There is a lot of information available online. A child cannot write down what they cannot say.
- Ask open ended questions (questions you cannot reply to with one word), e.g. How does this work?
- Keep developing your child's home language if you normally don't speak English at home.

### Strategies for developing understanding vocabulary

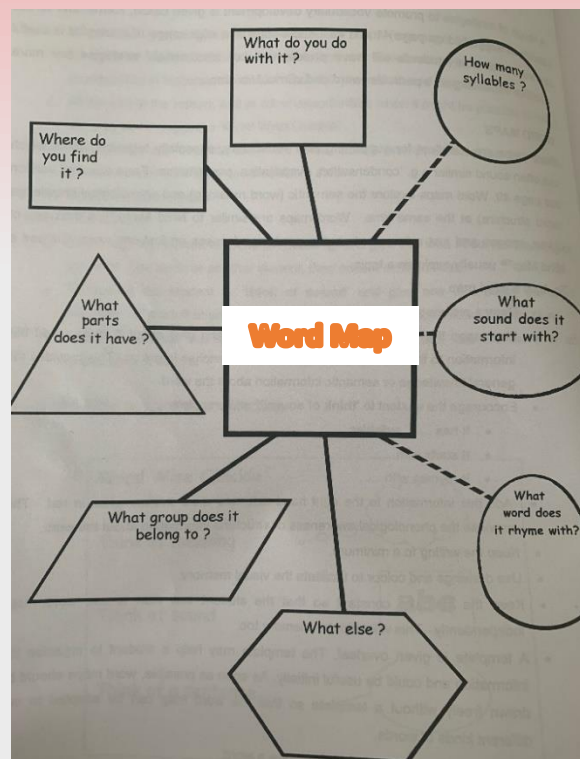
- Keep learning new words every day!
- Talk about words. E.g.
  - What group it belongs to? (category)
  - What do you do with it? (function)
  - Where do you find it? (location)
  - What does it look like? (appearance)
  - How many parts does it have? (syllables)
  - What does it begin with? (beginning sounds)
  - What else sounds like it? (rhyme)
- Watch TV together, especially documentaries related to science will be very useful.
- Encourage your child to **read every day**. Or to listen to high quality texts (e.g. see Audible stories for free audio books, BBC iPlayer for documentaries). Check if they understand all the words, and to ask if they are not sure.
- Encourage your child to find out the meaning of words they are not sure about, e.g. in the work sent by school as this will contain key vocabulary! They can try to work out by thinking about the text, using a dictionary (free apps are available), or ask someone.
- Conjunctions are words that connect two sentences. They can change the meaning of a text. Check if your child understands the words, explain them if needed.

**Word finding** - word searches in useful categories

<https://thewordsearch.com/> and <http://wordgames.com/en/static/>

#### **Vocabulary:**

- Apps such as 'study geography' to develop knowledge and vocabulary
- Vocab builder: word of the day
- Dictionary: word of the day.



# Useful Apps, Books and Media:

[https://www.callscotland.org.uk/Common-Assets/ckfinder/userfiles/files/Wheel\\_of\\_Apps\\_V1\\_0.pdf](https://www.callscotland.org.uk/Common-Assets/ckfinder/userfiles/files/Wheel_of_Apps_V1_0.pdf)

IPad Apps for Learners with Dyslexia / Reading and Writing Difficulties.

Other Apps:

- Duolingo

## Useful books:

- The ASD feel better book – Joel Shaul
- Starving the anxiety gremlin –Kate Collins-Donnelly
- ASD Self help guide- Tony Attwood

## TV programmes - Around the World

Wild Britain – Channel 5

Race Across the World – BBC 2

Blue Planet Revisited - BBC 1

The Secret life of Ice – BBC 4

History with Dan Snow tv.historyhit.com - free for 30 days

## TV Tips

- Inferencing skills – watch films together and talk about what is going on, how people might be feeling and why.
- How would you feel if that happened to you?
- Try TV clips with sound off.
- Look at cartoons but remove the words to see if you can work out what is happening.

## Mind mapping

Free mind mapping foundation course on tonybuzan.com and lots of examples in google images or on YouTube. Mindmapasunleashed.com have some further good ideas.

## BBC Bitesize

Beginning Monday 20 April, BBC Bitesize will publish daily online lessons for all ages. They will also have a new dedicated TV channel full of learning content, podcasts on BBC sounds and loads of educational videos on iPlayer

## IPad Apps for Learners with Dyslexia/ Reading and Writing Difficulties



These iPad apps are selected to support learners with reading and writing difficulties. The choice of apps is based on their effectiveness for students with reading and writing difficulties. In order to use these apps, you will need to be able to use a computer and have a valid email address. For more information on the apps, please visit the following link: [http://www.callscotland.org.uk/Common-Assets/ckfinder/userfiles/files/Wheel\\_of\\_Apps\\_V1\\_0.pdf](http://www.callscotland.org.uk/Common-Assets/ckfinder/userfiles/files/Wheel_of_Apps_V1_0.pdf)

## General Well-Being and Fitness

PE with Joe Wicks on his You Tube channel

Maths with Carol Vorderman – themathsfactor.com free at the moment

Cooking with Jamie Oliver – jamieoliver.com

Music with Mylee Klass – you tube

Dance with Darcy Bussell – twitter

Home economics with Theo Michaels - Instagram

**Have Fun!**

### Idioms

Theidioms.com has some good examples. Choose an idiom for the week and set challenges to use it as often as you can.

### Following Instructions

Creativebloq.com  
robbiddulph.com #draw with rob

lovely 'learn to draw' videos that can be paused as you go along – great for following instructions

## Useful website links:

### Website Links:

<https://www.twinkl.co.uk/>

<https://www.afasic.org.uk/>

[www.ican.org.uk](http://www.ican.org.uk)

[www.speechbloguk.com](http://www.speechbloguk.com)

<https://www.thecommunicationtrust.org.uk/>

## Links for supporting children with ASD

### Website Link

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

[www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

[www.asdinfo.wales.co.uk](http://www.asdinfo.wales.co.uk)

[www.abaresources.com/social-stories](http://www.abaresources.com/social-stories)

<https://widgitonline.com>

(Offer a 21 day trial if you need/want to make symbols)

<https://lisanallyspecialschool.co.uk/index.php/resources/general-resources/203-school-closure-toolkit-for-parents>

<https://www.autism.org.uk/>

# Have Fun!