

# Parent Backpack

Supporting you and your autistic child with understanding the role and responsibilities of SEND services within Leicestershire County Council and beyond.



**Local SEND  
services  
and support**

[f/LeicsLocalOffer](#)

Leicestershire  
**SEND**

# What should I do if?

Use this button to find your way back to the home page.



..my child has an EHCP and I would like them to attend a special school?

.....my child is increasingly showing signs of anxiety?

.....I'm worried that my child is not getting enough support at school?

.....I'm struggling to manage my child's increasingly aggressive behaviours?

..my child is too young to receive support from the Autism Outreach Team (AOT)?

.....we want to meet other parents and their children who have a diagnosis of autism?

...my child has an EHCP (or is being assessed for one) and I'm worried about how this is being managed?

...my child's anxiety is affecting their daily life and causing them distress?

..my child is struggling to manage their sensory processing?

..I think my child needs an EHCP?

.....I want to find out more about my child's diagnosis of autism?

.....the relationship with my child's school is breaking down and making me feel worried?

.....I'm worried about my child's mental health?

....my child is struggling to understand their diagnosis?

.....my child's teachers need help with better supporting them and meeting their need?

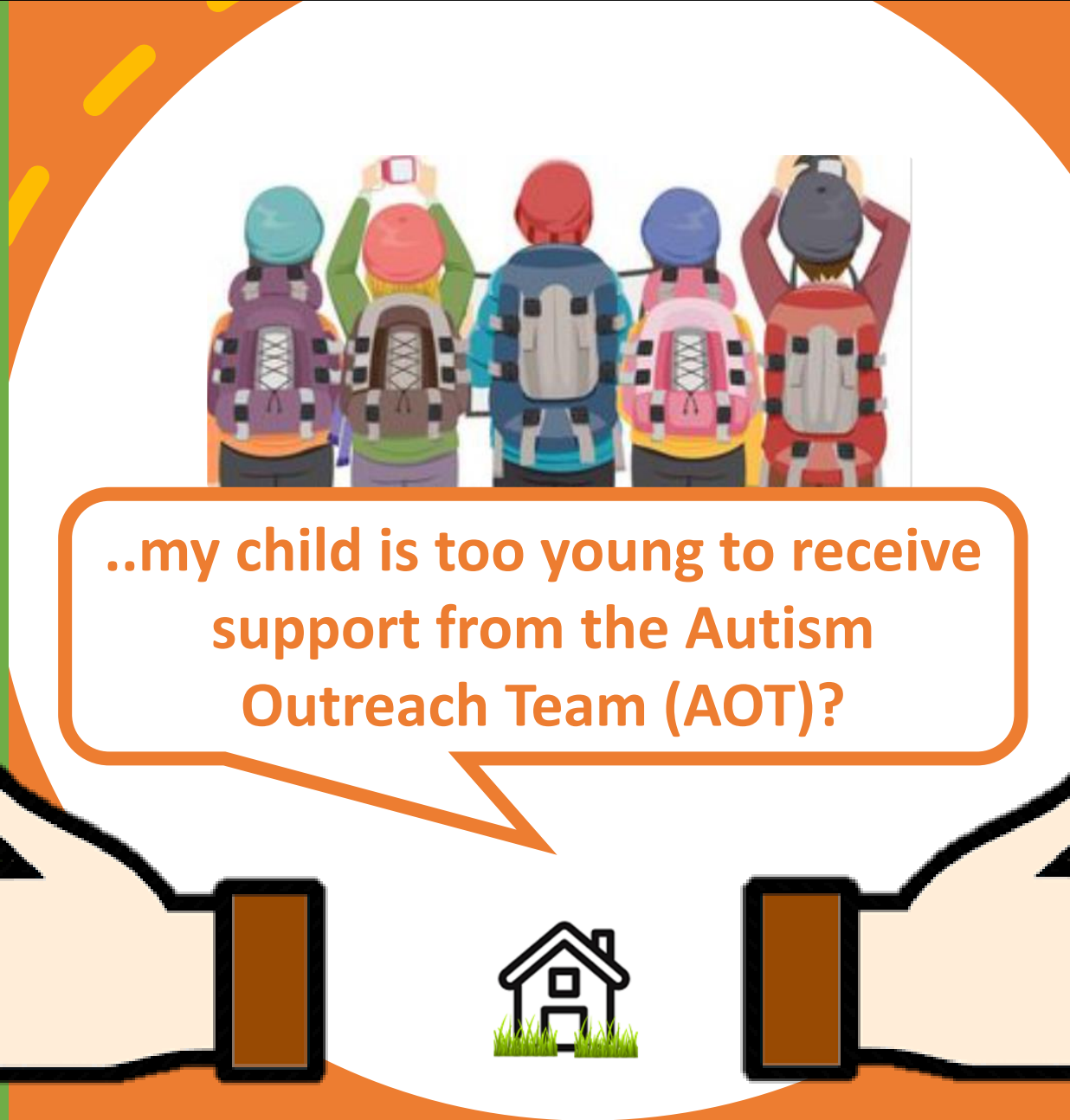
....I'm struggling to find help and support for my autistic child and feel like giving up?



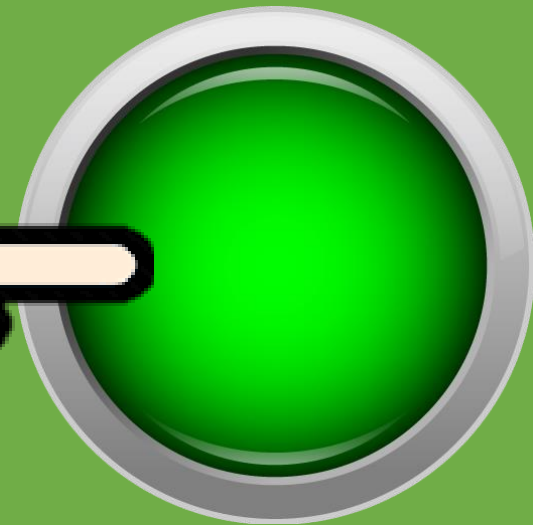
# What should I do if...

## Option 1

Find out about the Graduated Approach and the different types of support your child with SEND in the early years could receive.



..my child is too young to receive support from the Autism Outreach Team (AOT)?



## Option 2

Contact Leicestershire County Council's Early Years Team.

# What should I do if...

## Option 1

Let the SENCO know during your child's annual review, which they should then share with the local authority.

## Option 2

Use Leicestershire County Council's special school finder tool.



..my child has an EHCP and I would like them to attend a special school?



# What should I do if...

## Option 1

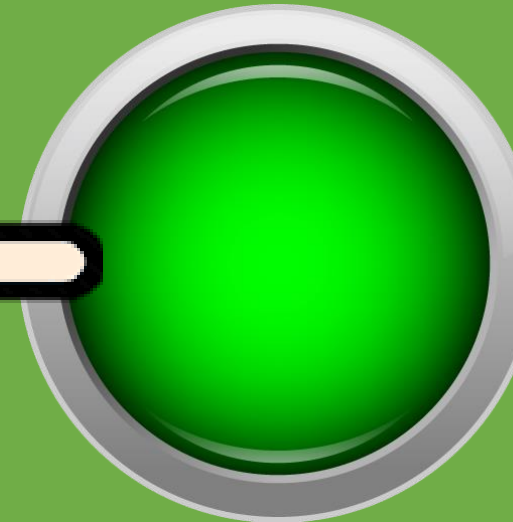
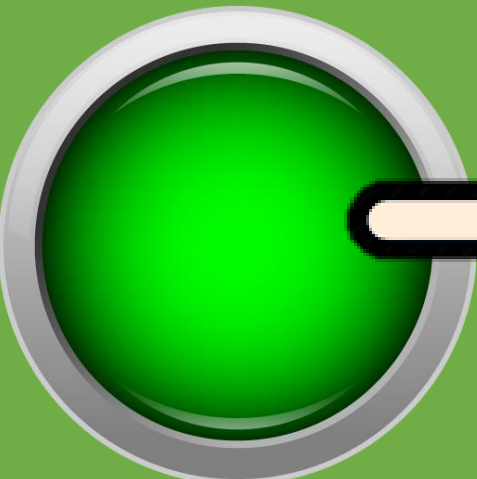
Speak to SENA

## Option 2

Speak to SENDIASS



...my child has an EHCP (or is being assessed for one) and I'm worried about how this is being managed?





## Option 1 Special Educational Needs Assessment and Commissioning Service (SENA)



The service is responsible for writing Education Health and Care Plans (EHCP) if a statutory assessment is agreed, and will commission the identified provision to meet identified needs. The service can provide advice and guidance to families as well as educational settings around statutory duties.

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# Option 2 Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)



Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) Leicestershire, is a statutory service. We provide free, impartial and confidential advice and support to parents and carers of young people aged 0-25 with special education needs or disabilities as well as young people themselves. We advise on all matters relating to SEND, including education, health and social care issues.

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# What should I do if...

## Option 1

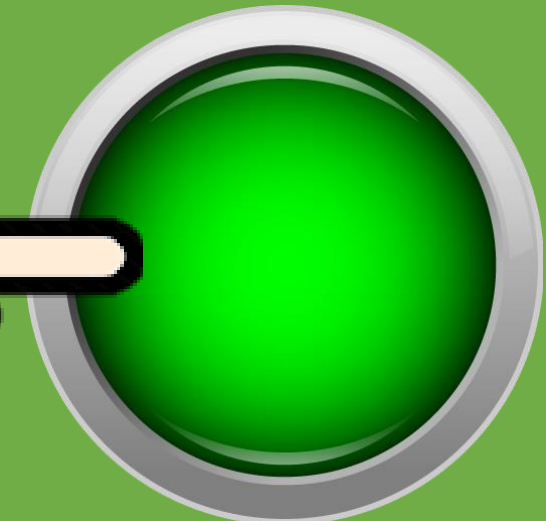
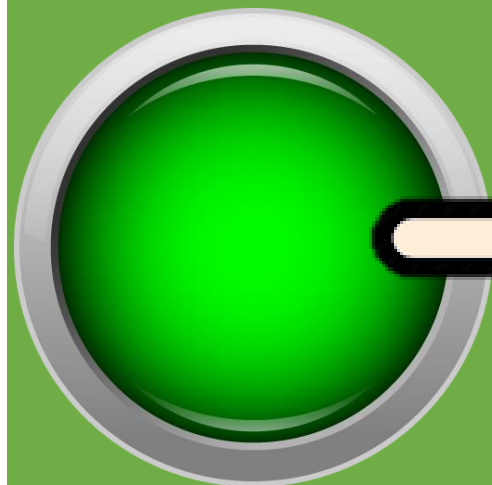
Understand what the EHC plan assessment pathway and the timelines looks like.

## Option 2

Find out how to request an assessment by reading the government website



..I think my child needs an EHCP?





# What should I do if...

## Option 1

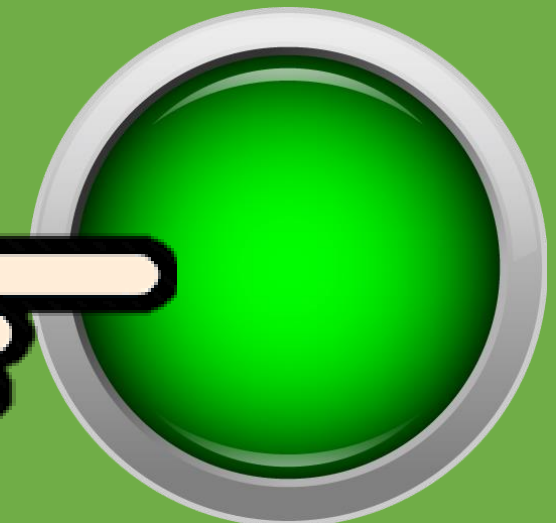
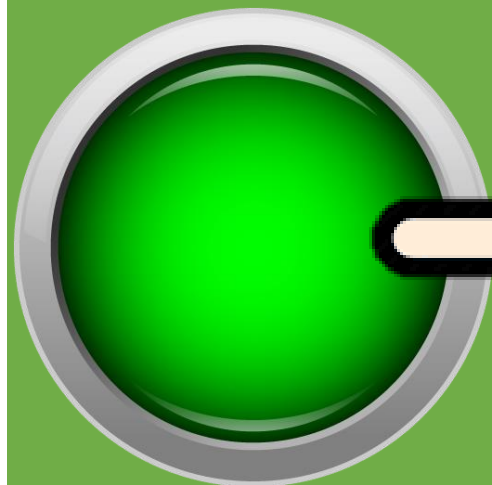
Use an online tool to audit your child's sensory behaviours

## Option 2

Refer your child to Occupational Therapy



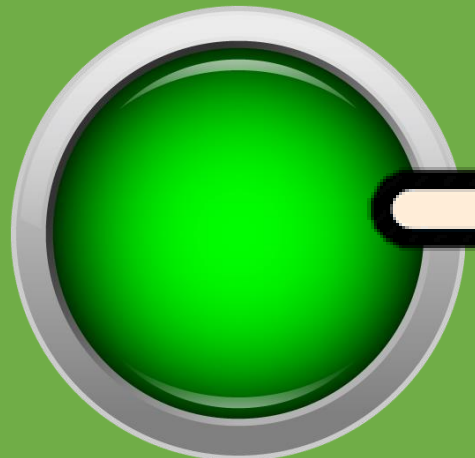
..my child is struggling to manage their sensory processing?



# What should I do if...

## Option 1

Speak to your child's school and arrange for them to see the school nurse.

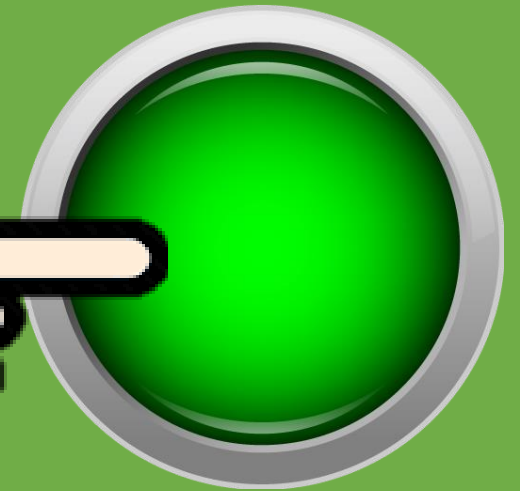


...my child's anxiety is affecting their daily life and causing them distress?



## Option 2

Speak to your GP about what else can be done to support your child's anxiety.





# Option 1 School Nurse

School nurses are specialist community public health nurses (SCPHN) who work with school-aged children and young people and their families to improve health and wellbeing outcomes and reduce inequalities and vulnerabilities.

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## Option 2 GP/Family Doctor

Although feelings of anxiety at certain times are completely normal, you should see your GP if **anxiety is affecting your daily life or is causing you distress.**

Write down what you want to say in advance, and take your notes in with you. Give yourself enough time to get to your appointment, so that you don't feel rushed or stressed. **If you're child is feeling nervous, let your doctor know.**

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# What should I do if...

## Option 1

Read the school's SEND Report and find out about the different types and tiers of support they can offer your child.



.....my child's teachers need help with better supporting them and meeting their need?

## Option 2

Ask your school to make a referral to the Autism Outreach Team.





## Option 1 Autism Outreach Team (AOT)

The Autism Outreach Team (AOT) are education-based teachers and practitioners who support Leicestershire maintained schools and academies to develop improved understanding of Autism and to identify and implement strategies to support autistic children and young people.

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# What should I do if...

## Option 1

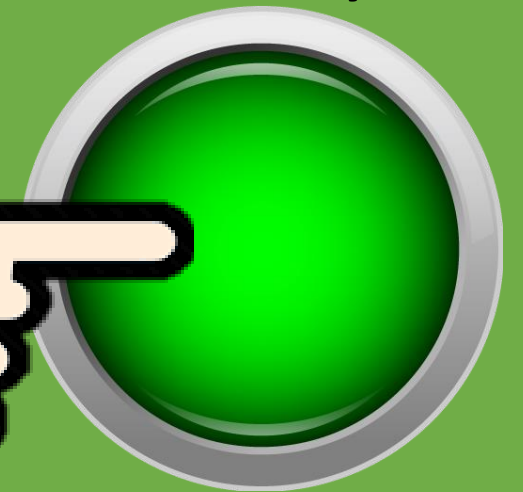
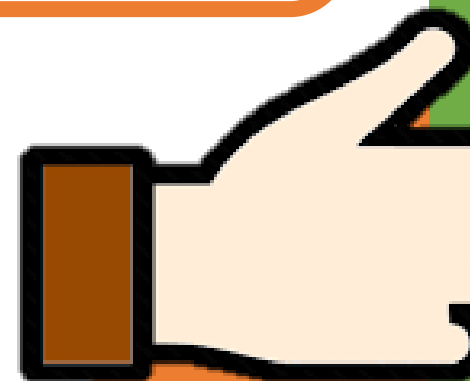
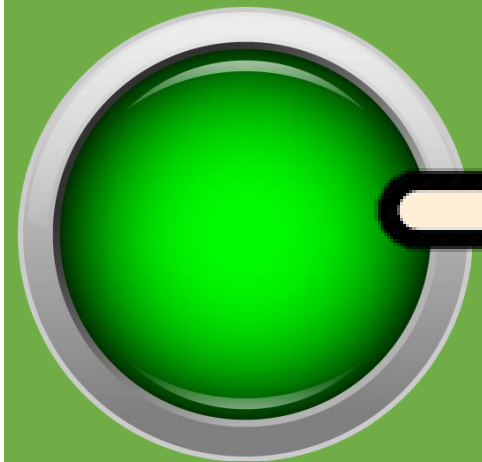
Download free NHS information, e.g. The Anxious Child booklet, etc.



.....my child is increasingly showing signs of anxiety?

## Option 2

Use a book to help your child understand their anxiety, e.g. Starving the Anxiety Gremlin, etc.





# Option 1 The Anxious Child booklet

Download The Anxious Child booklet, which is for parents and carers wanting to know more about anxiety in children and young people.

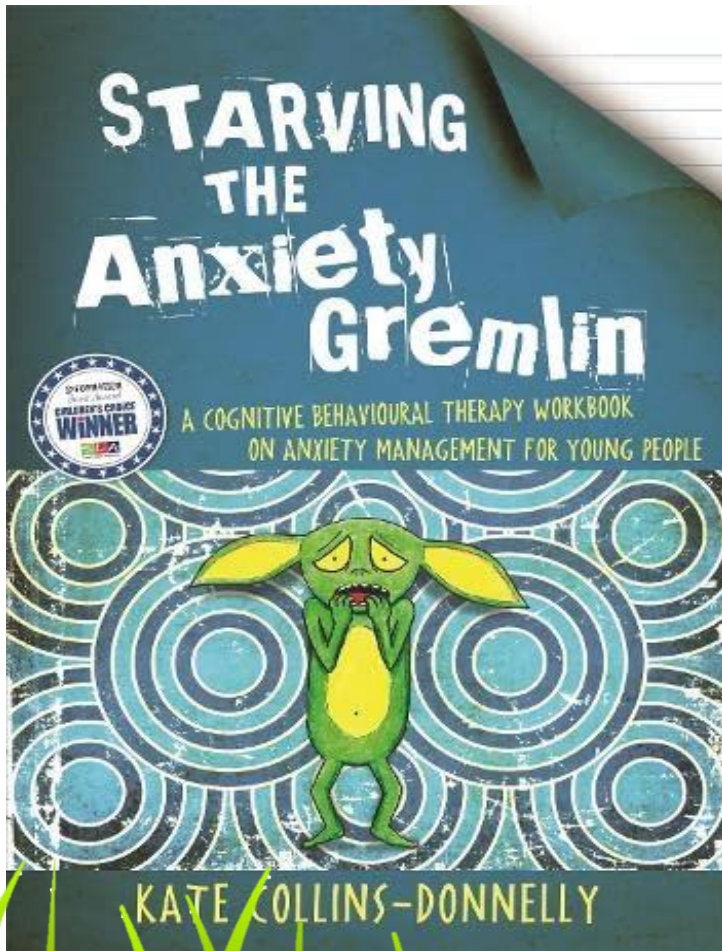
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# Option 2 Starving the Anxiety Gremlin



The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers.

by **Kate Collins-Donnelly**

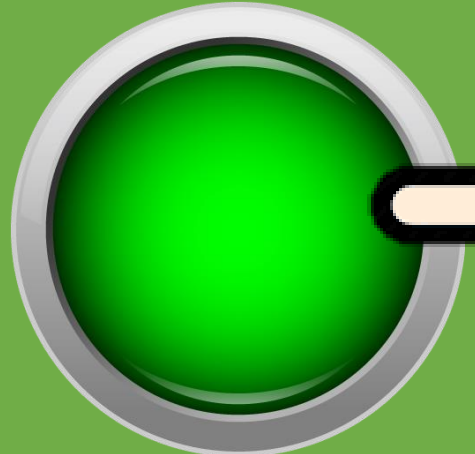
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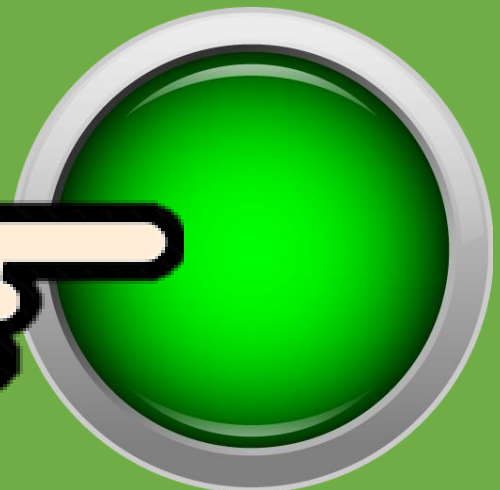
# What should I do if...

## Option 1

Contact Spectrum support group for parents and carers of children with autism



.....I'm struggling to manage my child's increasingly aggressive behaviours?



## Option 2

Self refer to the Children & Family Wellbeing Service



# Option 1 Spectrum

Spectrum are a support group for parents and carers of children, young people and adults on the Autism Spectrum or on the Autism diagnosis pathway. They provide a welcoming and non-judgemental, informal support group. Spectrum is run by volunteers who are also parents of children with Autism.

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# Option 2

## Children & Family Wellbeing Service

The Children and Family Wellbeing Service provide early help services to a child, young person or family, where they are experiencing difficulties that cannot be supported by universal services, such as schools or GPs alone.

We provide support to those who have, or still are, suffering from domestic abuse or with their mental health and wellbeing, or need some extra help with SEND, parenting or supporting targeted young people, including those who are at risk of crime.



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# What should I do if...

## Option 1

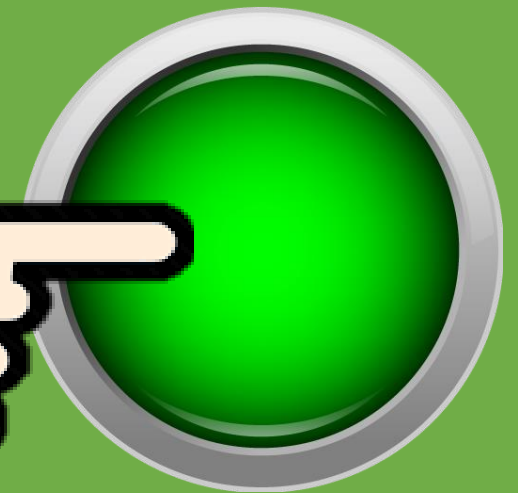
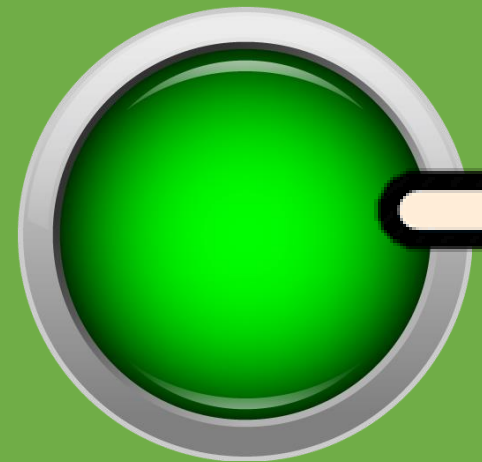
Access free NHS information about autism, e.g. the NHS online guide to autism



.....I want to find out more about my child's diagnosis of autism?

## Option 2

Access parent information on the website of a not for profit organisation, e.g. Autism Education Trust (AET)



# What should I do if...

## Option 1

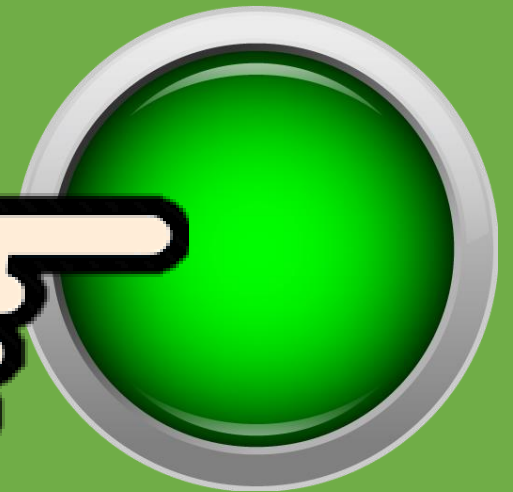
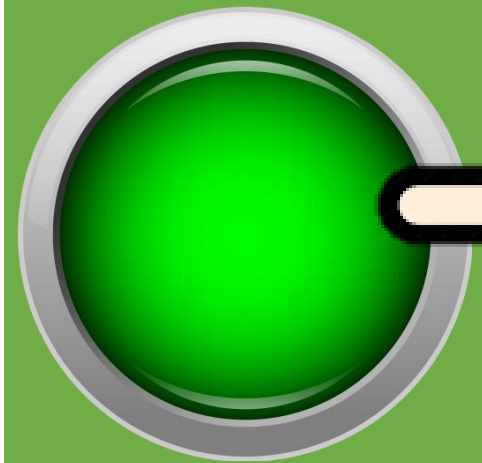
Watch a film or animation to support the conversations you have with your child, e.g. *Amazing Things Happen*, etc.



.....my child is struggling to understand to understand their diagnosis?

## Option 2

Give your child a book to independently read or share it with them, e.g. *A Different Sort of Normal* By Abigail Balfe



# What should I do if...

## Option 1

Follow the Seven Steps for Working with schools to resolve worries

## Option 2

Contact SENDIASS



.....the relationship with my child's school is breaking down and making me feel worried?





# Option 2 Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)



Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) Leicestershire, is a statutory service. We provide free, impartial and confidential advice and support to parents and carers of young people aged 0-25 with special education needs or disabilities as well as young people themselves. We advise on all matters relating to SEND, including education, health and social care issues.

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# What should I do if...

## Option 1

Speak to the school's SENCO about your worries.

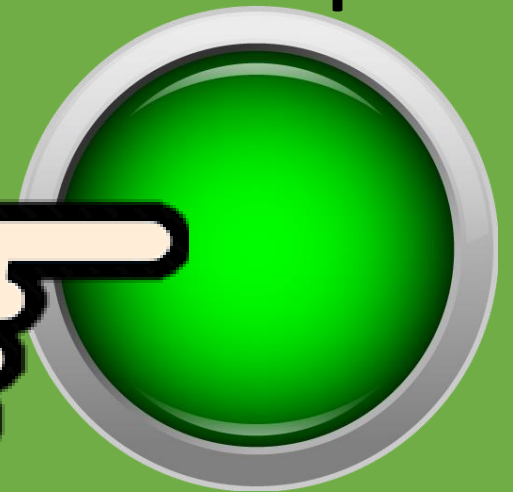
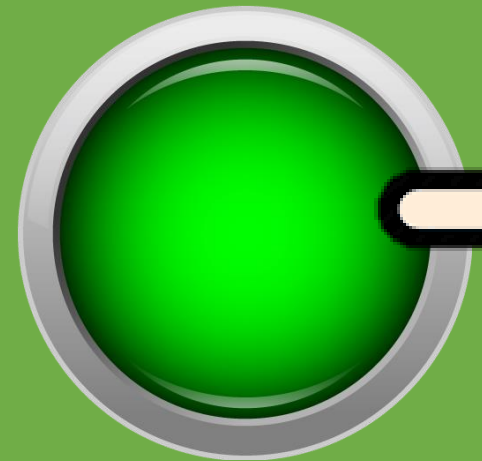


.....I'm worried that my child is not getting enough support at school?



## Option 2

Use the Leicestershire County Councils website to find out more information about SEND and your rights as a parent.





# Option 1 Special Educational Needs Coordinator (SENCo)

SENCO stands for Special Educational Needs Coordinator. You may hear the name referred to in full, as its acronym (sometimes also written as SENDCo, standing for special educational needs and disabilities coordinator), or as SEN Coordinator.

Every school in the UK is required to have a SENCo to ensure that every child who has SEN are supported as well as to help them reach their full educational potential.



# What should I do if...

## Option 1

Contact a mental health charity that supports children and young people, e.g. Young Minds, etc.

## Option 2

Ask your GP to make a referral to CAMHS



.....I'm worried about my child's mental health?





# Option 2 The Child and Adolescent Mental Health Service (CAMHS)



The Child and Adolescent Mental Health Service (CAMHS) helps children and young people who have been referred by another healthcare professional. Referrals are made if it is thought a young person has significant mental health difficulties with a moderate to severe impact on functioning, which requires specialist mental health support. We provide a range of services including initial assessments, therapy, group work, emergency assessments and in-patient care.

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# What should I do if...

## Option 1

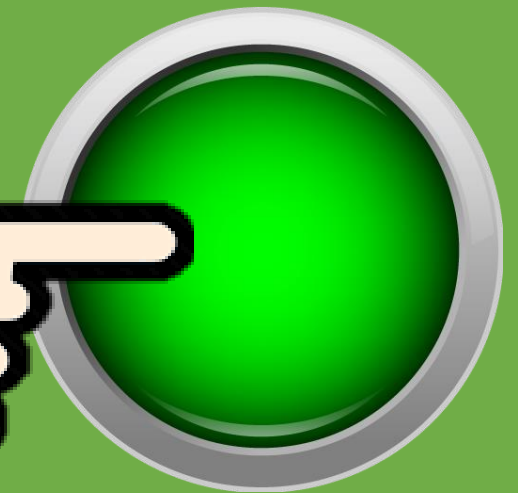
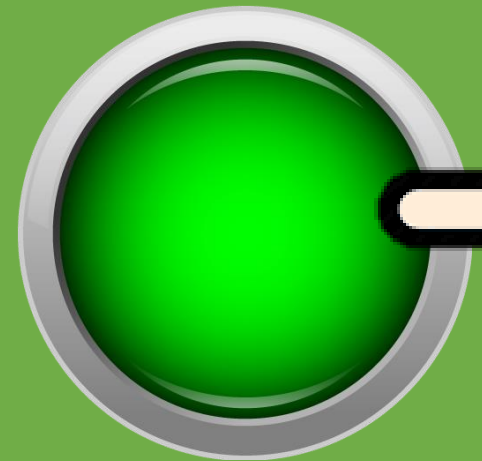
Contact The  
Leicestershire  
Autistic Society



.....we want to meet other  
parents and their children who  
have a diagnosis of autism?

## Option 2

Search through  
Leicestershire  
County Councils  
online directory  
where you can find  
local groups.





# Option 1 The Leicestershire Autistic Society

The Leicestershire Autistic Society (formed over 20 years ago) provides support, information and advice to families and professionals dealing with Autism in Leicestershire, Leicester City and Rutland. We are also represented on City and County Autism specific forums where we campaign for further improvements in: diagnosis, the provision of relevant specialist education services, making Child/Adult service planning more 'autism friendly', accessible play and leisure services for Children and Adults with ASD, and the provision of better support for adults with ASD.

[CLICK HERE](#)



# What should I do if...I'm struggling to find help and support for my autistic child and feel like giving up?



- Be realistic!
- Be informed!
- Be confident!
- Be assertive!
- Be resilient!
- Be clear!
- Be patient!
- Be prepared!
- Be organised!
- Be persistent!
- Be understanding!
- Be aware of alternative routes!

