

Factsheet 3.5.1

Support and Strategies – Example

Use this template as a guide to prepare for a meeting with your child's teacher. You may wish to give the school a copy for reference or simply use it as a talking guide

Background

- Neglect and domestic violence for first 2 years
- Impact of neglect and trauma on brain development and attachment style
- Foster care for 2 years
- • Adopted at age 4

Likes

- Drama, cycling, swimming, scouts
- Dogs
- Playing in sand and water

Dislikes

- Loud music eg party music, pantomime
- Darkness eg winter nights, cinema
- Men / teenage boys

Issues relevant to my child

- Insecure attachment
- Slow processing speed
- Weak motor skills
- Anxiety about new situations and people
- Behaves in a much younger way
- Needs adult co-regulation; cannot yet self-regulate in the way peers can

Triggers

- Transition at holiday times / back to school
- New experiences
- Loss / grief e.g. trauma, violence, adoption, moving on

Strategies that work in the home

- give time to think when issuing an instruction
- be clear and use few words; one instruction at a time
- wait before responding – don't assume 'no' means won't do it; often does it anyway
- humour, laughter, being silly
- Distraction
- praise

Strategies that may work in school

- frequent check-ins through the day
- transition object from home to school
- agreed safe space
- small group support at play times
- movement breaks
- record achievements to share with home and so remembers them
- visual supports

Supports and Therapies we have already accessed

- Safebase parenting course, Non-Violent Resistance Training, Theraplay
- OT support aged 5
- Physio assessment and supports aged 3
- Speech and language assessment age 4

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School Topics that may be distressing to my child

- Families, family trees, baby photos, genetics
- Drug and alcohol misuse
- Bereavement and loss
- Mother's Day/Father's Day, Christmas
- Moving class and / or teacher

Please discuss sensitive topics with families ahead of time, and in some cases, whether they need to be done at all.

Further Support

- <https://www.adoptionuk.org/scotland-lets-learn>
- <https://www.adoptionuk.org/factsheets-scotland>

Visit the Adoption UK websites www.adoptionuk.org.uk/Scotland and <https://adoption.scot/> or call our helpline on 0300 666 0006.



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