

# COSY UP



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

# HOLIDAY HELP

**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 summer.

## 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/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.nas.org.uk/)).

# Out & About

Bernardo's  
Holiday Club:  
[Click here](#)

Nene Park  
Summer Activities  
Programme:  
[Click here](#)

Unofficial Galaxies  
Exhibition at  
Peterborough  
Cathedral:  
[Click here](#)

Adapted Cycling:  
[Click here](#)

**Join the Dig:**  
Become an archaeologist  
at Flag Fen!  
[Click here](#)

**Burghley House Crafts:**  
[Click here](#)

**Saber Skills!**  
Become a Jedi for the day!  
[Click here](#)

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

# Rainy Days

Try these...

**Simple Sensory  
Play Ideas:**  
[Click here](#)

**Indoor Games at  
Home:**  
[Click here](#)

**Free Online Games  
for Kids:**  
[Click here](#)

**BBC Activities to do  
at home with kids of  
all ages:**  
[Click here](#)

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

**Great Indoor Games:**  
[Click here](#)

**Music/Beatboxing:**  
Interested in  
music and Beatboxing?  
Check out incredibox:  
[Click here](#)

**Explore the World  
Virtually:**  
Tap into street cameras  
all around the world!  
[Click here](#)

## NOTICE BOARD

A note from our service manager...

Claire Nunn

At the end of a busy school year, it's important to think back to September and all those small but significant things that our CYP have done and experienced. Sometimes we are all too busy getting through each day to take the time to reflect on where we were to where we are now. Social media and society often tell us and our CYP what we have not achieved rather than focusing on the present and recognising all those special moments to us as individuals. At these times I remind myself to take a mental note and capture that feeling and memory for the times when things are not as easy or nice. This helps me to manage those days that aren't as good, it's important to remember we all have those days!!



Over this year we have had the privilege of supporting many of our CYP and seeing them achieve many things, we know transition especially moving into Post 16 options can be difficult and there are many decisions and different paths. So, we are pleased to announce we have a new member of our team; Steph, who will be focusing on helping our young people through this journey. We continue to develop school's understanding of autism through our individual work with CYP and delivering our Autism education trust training. We also held our first 'New Diagnosis' session which was a great success, thank you everyone who attended. As always, we would welcome your ideas and feedback on what you'd like over the next year. In the meantime, we all wish you a lovely summer.



Use this visual to move along the path and Complete a couple of the stepping-stones each week to help your young person with their transition to secondary school.

# TRANSITION QUEST

Negotiate the path, Complete the challenges and make your way to secondary school. Every step that you take will make your first days a little easier.

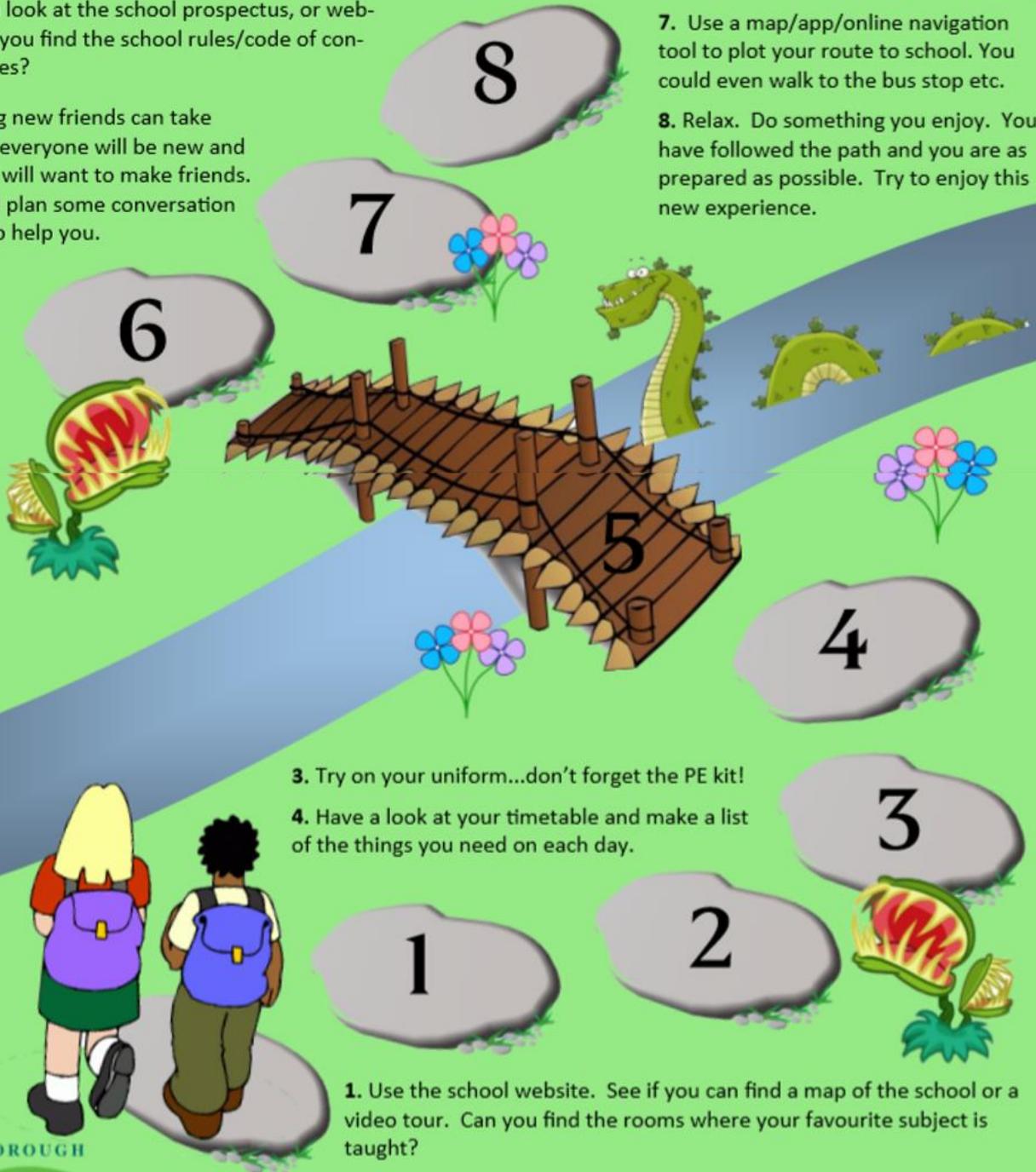


5. Have a look at the school prospectus, or website. Can you find the school rules/code of conduct/values?

6. Making new friends can take time but everyone will be new and everyone will want to make friends. You could plan some conversation starters to help you.

7. Use a map/app/online navigation tool to plot your route to school. You could even walk to the bus stop etc.

8. Relax. Do something you enjoy. You have followed the path and you are as prepared as possible. Try to enjoy this new experience.



3. Try on your uniform...don't forget the PE kit!

4. Have a look at your timetable and make a list of the things you need on each day.

1. Use the school website. See if you can find a map of the school or a video tour. Can you find the rooms where your favourite subject is taught?

2. Make a list of the things that you will need to take on your first day.