

If your child's sleep does not improve with additional help, your GP may refer you to a Paediatrician or Child Psychiatrist who can prescribe melatonin.

Independent Living Skills



In 2023 we started using the [Wheel of Independence](#) to teach our secondary and Hub students independence living skills to build their confidence and give them the ability to take control of their lives when they are older.

If your child is in one of these classes, their teacher will have told you what skills they are learning in school so you can help them develop these skills at home. But you can start any time by slowly changing your routines to let your child do more tasks.

Everyone learns differently, so you may have to adapt the way you teach to suit your child. The following can be useful:

- use their interests to make it fun, e.g. use bubbles, smells and toys to make bath times motivating or help them choose pyjamas with a cartoon character they love on
- use relaxing activities to support sensory sensitivities, e.g. if they find toothbrushing difficult, try a relaxing massage before and afterwards
- use sensory equipment to support sensory sensitivities, e.g. if they find toilet noises difficult, try ear defenders or music
- use adapted equipment to help with fine motor aspects of a task, e.g. specialist cutlery to support grip, plate guards to prevent spills and silicone mats to stop plates from slipping
- timetables (using pictures or lists) showing morning/evening tasks, e.g. play computer, tidy room, bath...
- visual checklists (using pictures or lists) so your child can check off each step of the task before moving on to the next
- modelling/video modelling so your child can watch you/someone else doing the task and copy step by step (remember they/you can keep pausing and rewinding a video if needed)
- teach tasks one step at a time either in sequential order (forward chaining) or in reverse ([backward chaining](#), which can be really motivating for learners)
- if they are happy trying, let them do as much as they can and wait until they ask you for help before you intervene



For detailed tips on some of these and more see:

- [SCOPE](#)

If you would like help with supporting your child's independence, do let us know so we can work with you.