

HELP YOUR CHILD THRIVE

A 6-Week Parental Partnership and Support Programme for Schools Facing Growing SEND Demands.

- ? **Struggling to find the time and internal capacity to support parents caring for children with SEND?**
- ? **Have you an increasing number of parents requesting referrals and seeking guidance?**
- ? **Looking for expert support to ease the pressure on SEND teams and empower families?**
- ✓ **If so, we're here to help.**

A Practical Solution for Schools & Families

Empowering Parents – Supporting Schools

With the huge rise and increasing demand for **SEND referrals**, schools are under immense pressure to manage expectations, complete paperwork, and provide evidence of need. Many parents see challenges at home that schools may not observe in the classroom, leading to frustration on both sides.

Help Your Child Thrive is a 6-week intense support programme for up to 10 families, developed in collaboration with SENDCOs, to give parents the skills, knowledge, and confidence to support their children at home before seeking a referral. High Quality delivery provides targeted strategies that align with school approaches, strengthening home-school collaboration and reducing pressure on SEND teams.

A Programme Designed for Real Impact

Our programme provides evidence-based strategies to help parents support their children at home in key areas of development:

- ✓ **Communication and Language Development**
Strategies to support speech and language and social communication skills.
- ✓ **Personal, Social & Emotional Development**
Techniques to support emotional regulation, resilience, confidence, self-esteem and social skills.
- ✓ **Proprioceptive Activities for Regulation**
Evidence-informed movement/deep pressure activities to support sensory regulation and focus.
- ✓ **Routines & Physical Development**
Helping children thrive through structure, movement, self-care habits and the development of executive functioning skills such as visual aids to support independence in daily routines.
- ✓ **Reading, Writing & Maths**
Practical, school-aligned techniques to build confidence and skills at home.

How This Programme Supports Your School

- ✓ **Reduces Pressure on SEND Teams**
Parents receive structured guidance, helping them implement strategies at home before requesting referrals.
- ✓ **Strengthens Home-School Collaboration**
Parents better understand school approaches, leading to more productive conversations with teachers.
- ✓ **Provides Schools with Impact Evidence**
Each school receives an impact booklet, detailing what parents have tried at home to help build a clearer picture of children's needs.
- ✓ **Helps Parents Feel Supported**
Parents develop confidence and skills, leading to fewer immediate referral requests and greater engagement with school strategies.
- ✓ **Proven Success**
Delivered in 60+ schools, 'Help Your Child Thrive' KS1, KS2 and KS3 programmes have already supported 1,500 families, with measurable improvements in parental confidence to support their child's learning needs at home.
- ✓ **A Proactive Approach to SEND Support**
By empowering parents with effective strategies, we help schools manage growing SEND demands. Parents trial SEND strategies at home first, ensuring schools see their efforts before a referral is made.

See the Impact & Hear from Schools and Families

Visit our website to explore case studies, testimonials, and real success stories from schools and families who have benefited from the **Help Your Child Thrive** programme.

* For the purpose of this flyer, 'parents' includes all primary caregivers, including carers.

Follow us on X: [@PlusOneCIC](https://twitter.com/PlusOneCIC)

Find out more at: plusonelearningcic.org.uk

Contact us to learn more about the difference 'Help Your Child Thrive' could make to families supporting children with SEND in your school: kburns@plusonelearningcic.org.uk