

PARENTS  
WORKSHOP

# HOMEWORKING

AT





# PROMOTING **INDEPENDENCE**

# Today's Agenda



- Why is Independence important for SEN students
- How to encourage independence at home
- Practical example
- Exercise
- Independence at home and in the community
- Online safety

# WHY IS IT IMPORTANT?

Independence builds confidence and helps children learn life skills.

Children with special needs might need **extra time** and **support**, but they can still develop independence with the right guidance.



# SETTING REALISTIC EXPECTATIONS

- Every child is different; focus on what your child can do, not what they can't
- Try not to compare with other children
- Try different strategies until you find what works for you child



# ENCOURAGING PROGRESS

- Celebrate small wins and progress, no matter how small
- Give them time to finish the task - most of our students have at least 10 seconds processing delay
- Give the instruction and then wait and repeat if necessary



# TEACHING DAILY LIFE SKILLS



## DRESSING

Start with simple tasks like putting on socks or pulling up pants.

## EATING

Encourage them to serve themselves small portions or use utensils.



## PERSONAL HYGIENE

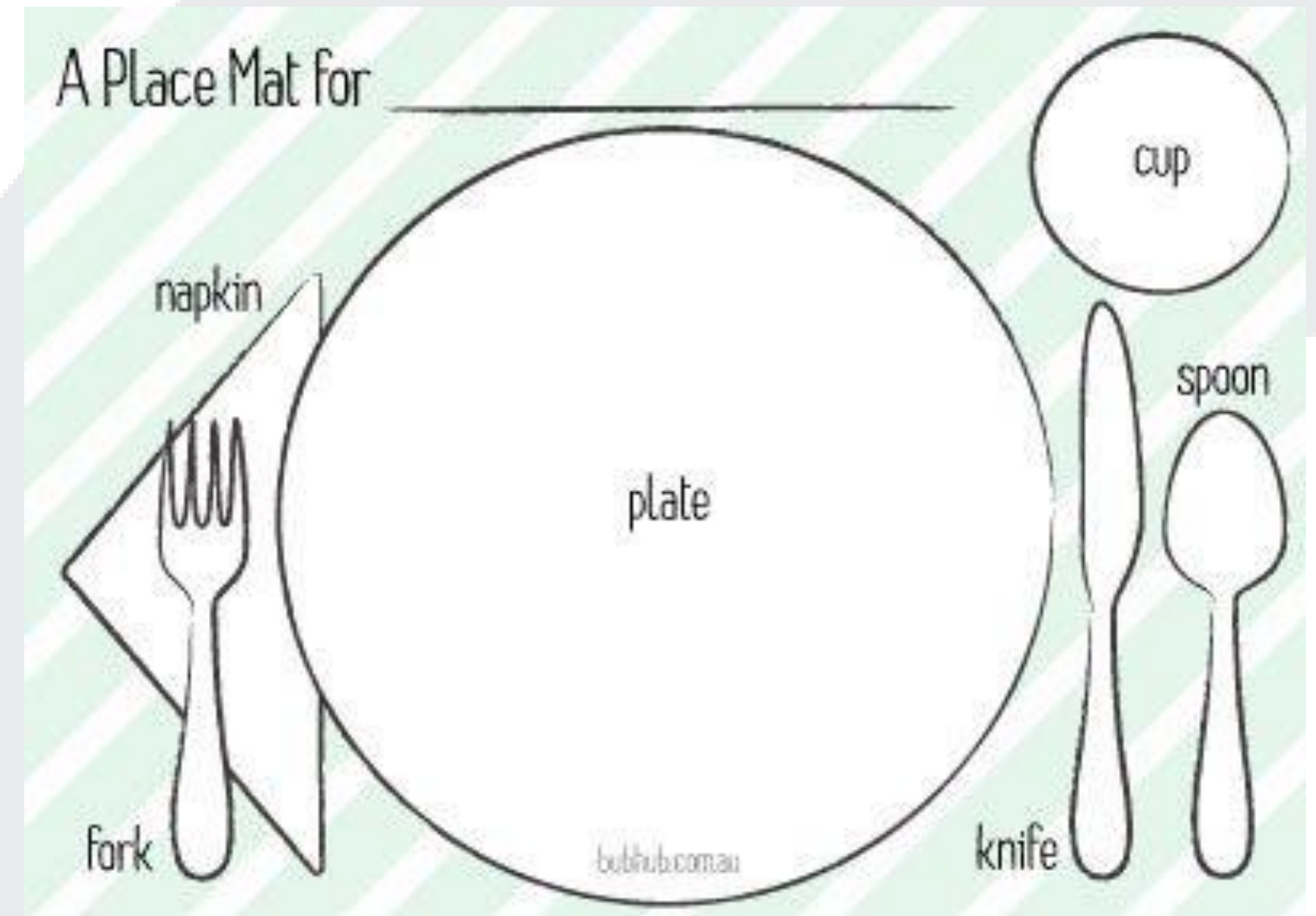
Break the task down and use visuals if necessary.

# HOW TO TEACH THEM?

Model for them how to do the task

Practice together and slowly reduce your help.

Use visuals or step-by-step charts if necessary.



# LET'S PRACTICE TOGETHER

Breaking down a task

Splitting it into smaller, easier steps.

00 : 05 : 20



Change Clock Type  
Digital

Duration: 00 05 20

TimeUp Reminder (Optional): -- -- --

Choose Sound Effect Tick

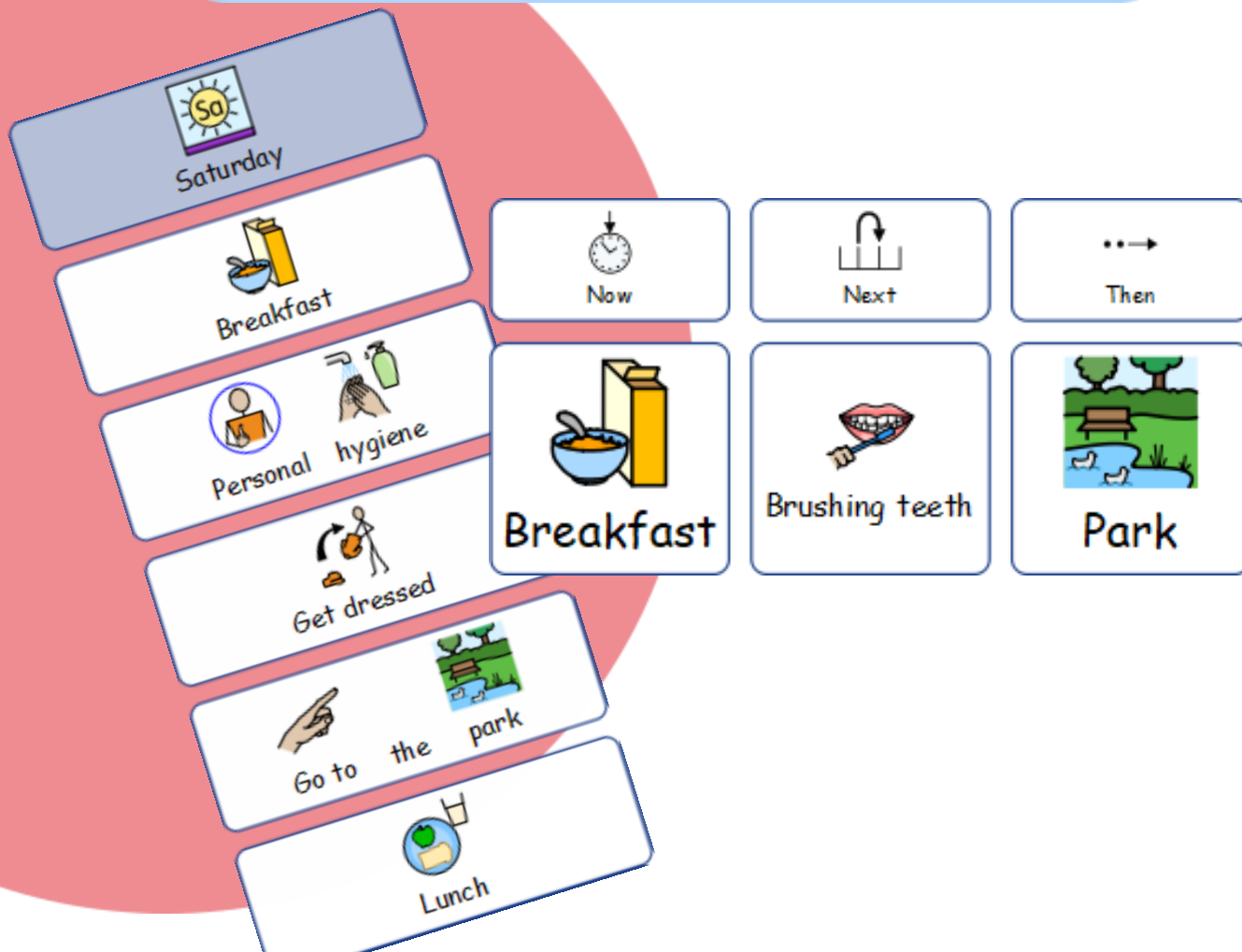
Choose TimeUp Sound Alarm

Enable Count Up  Combine With Bar Clock

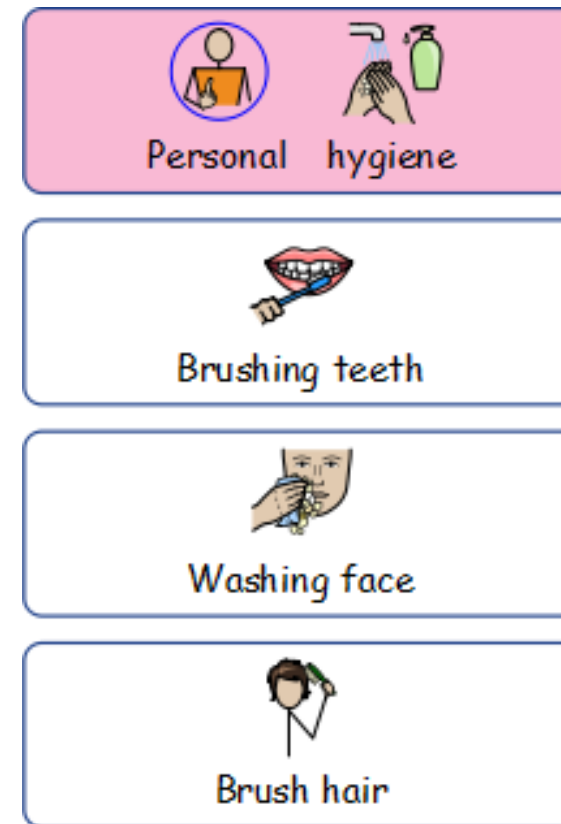
Start Pause Stop

# ROUTINE MEANS SECURITY

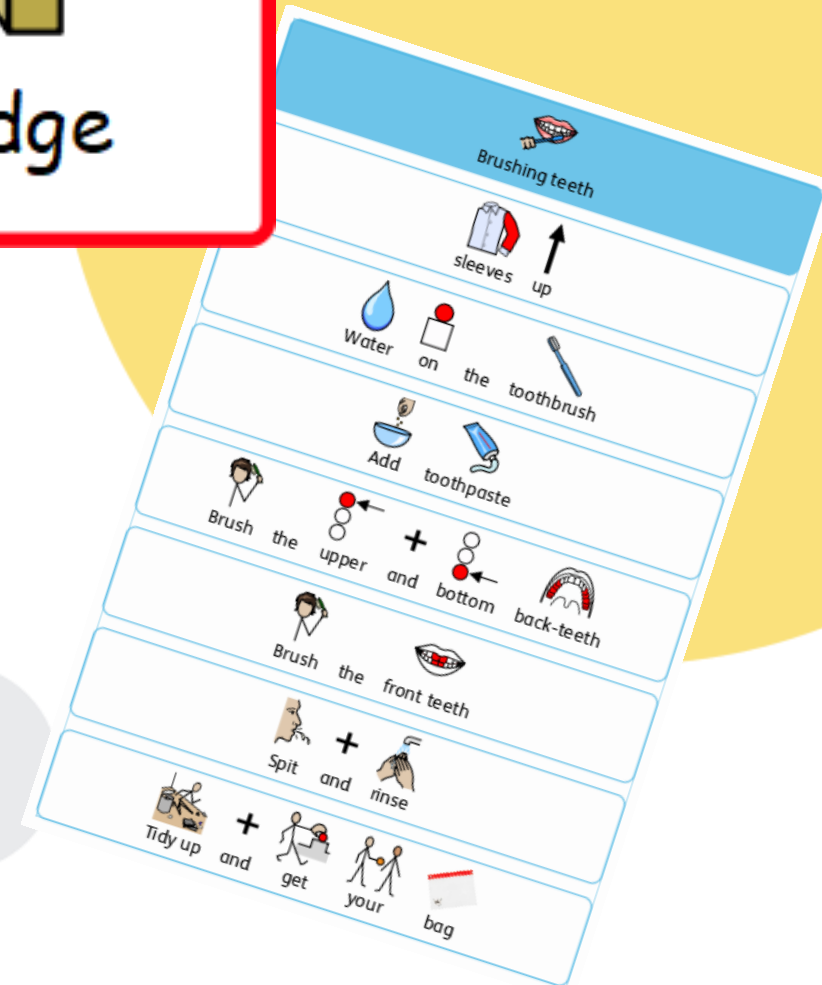
## VISUALS



## SMALLER TASKS



## EVERYDAY TASKS



# SUPPORTING INDEPENDENCE IN SELF-CARE

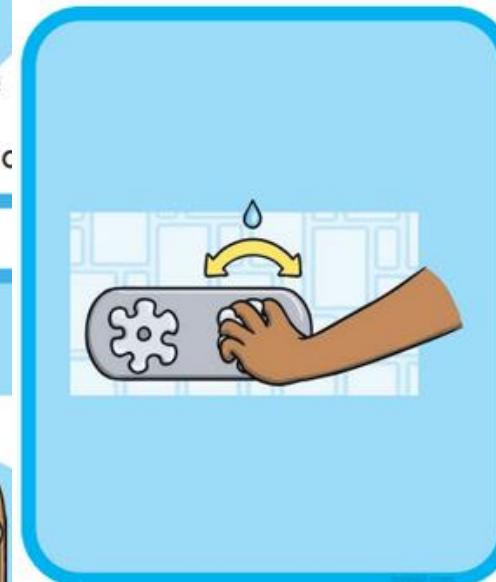
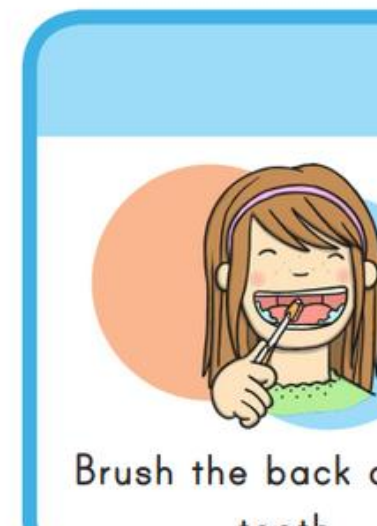
## PERSONAL HYGIENE

Personal hygiene is a fundamental aspect of daily life that plays a crucial role in promoting **dignity** for individuals with special needs.

By providing accessible and adaptive personal hygiene practices, we can help students develop **independence**, **confidence**, and **self-esteem**.

# SUPPORTING INDEPENDENCE IN SELF-CARE

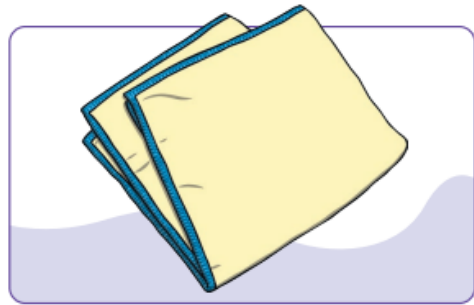
## Personal Hygiene



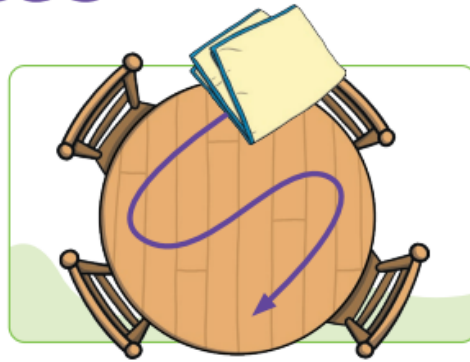
# SUPPORTING INDEPENDENCE IN Life skills

## HOUSEHOLD CHORES - examples

### Wipe Counters and Tables



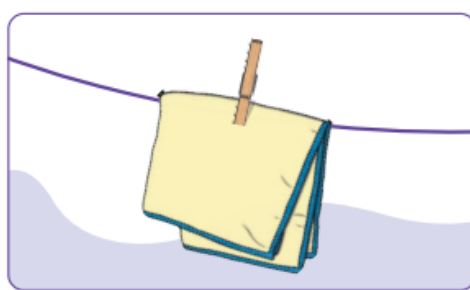
1 fetch a clean damp cloth



2 wipe all surfaces



3 rinse cloth



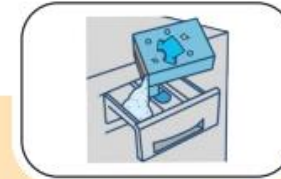
4 hang cloth to dry



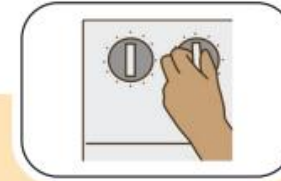
### Doing the Laundry



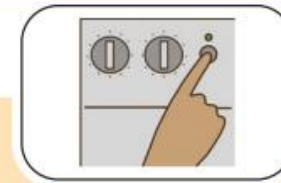
Put clothes in machine.



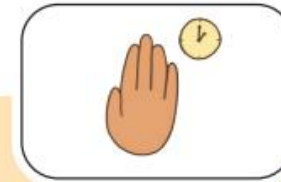
Put liquid or powder in drawer



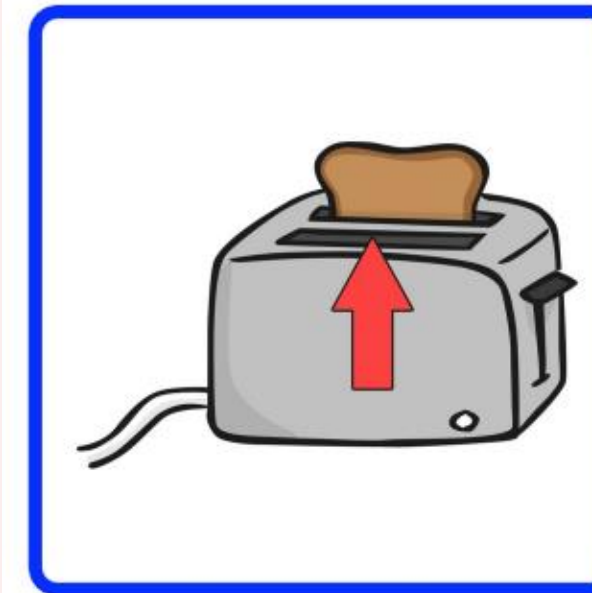
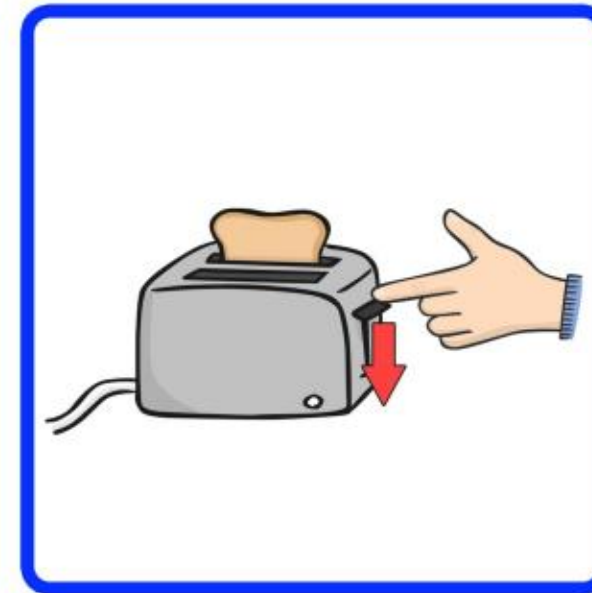
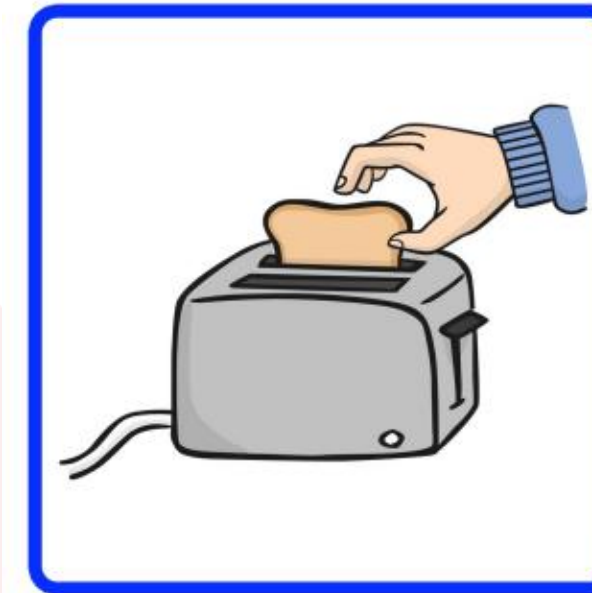
Set dial.



Press start.



Wait for machine to finish.



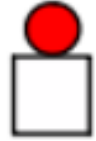


?



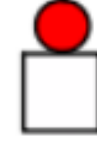
How change a pillow case

1



Put the pillow on the bed.

2



Lay the pillow case on the bed.

3



Put your hands inside and grab the corners.

4



Turn it inside out.

1



Fill kettle with enough water to make a cup of tea.

2



Plug kettle in and switch on.

3



Place a tea bag in a mug.

4



When the kettle has boiled pour water into mug to near the top.

5



Leave tea bag until tea is strong enough.

6



With a spoon take out the tea bag.

7



Add milk to the tea.

8







Once the tea is cool enough, drink.

# SUPPORTING INDEPENDENCE IN the community

Practice sorting, matching, counting with  
real money.



 1p	 2p	 5p	 10p









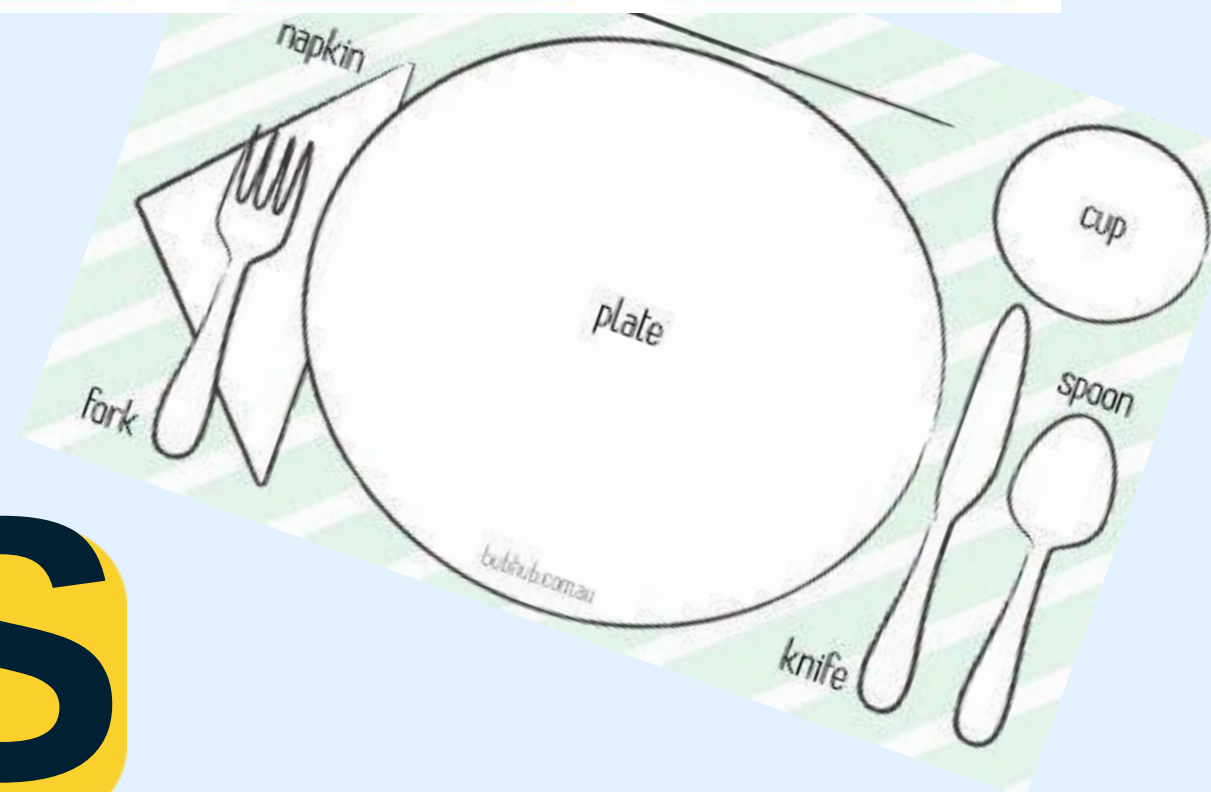
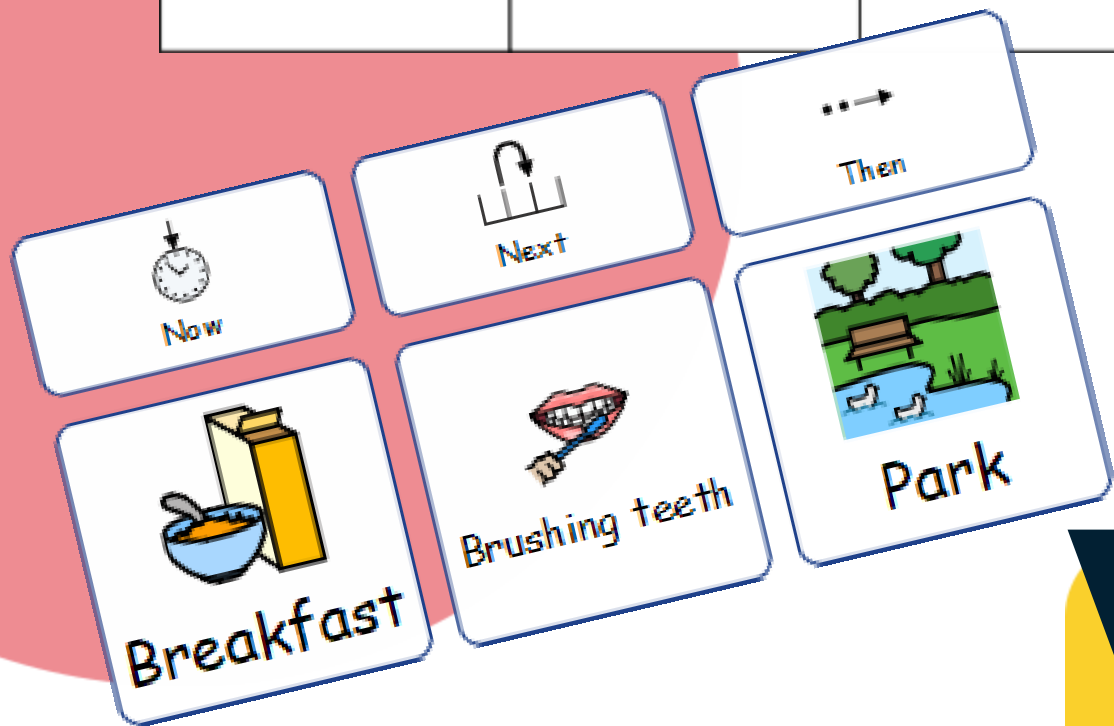
Shopping



# Travelling in the community



 1p	 2p	 5p	 10p



# USE VISUALS

ASK US!

# DECISION MAKING

GIVE THEM  
CHOICES

Boost their  
confidence



Learning from  
mistakes



# SUPPORTING COMMUNICATION



Independence builds confidence and helps children learn life skills.

Children with special needs might need extra time and support, but they can still develop independence with the right guidance.

# ENCOURAGING PROBLEM SOLVING

Use real-life examples

**Give them time to figure out small problems.**

Offer help only if needed, allowing them to feel a sense of achievement



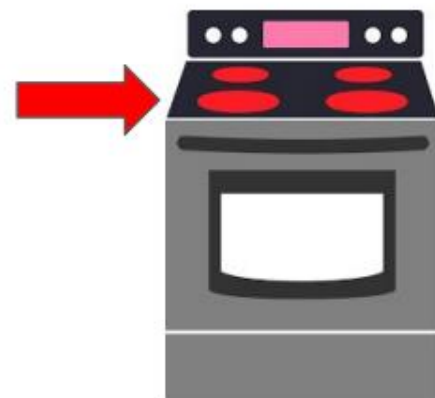
Using Positive Reinforcement:

- Praise and encourage your child when they try to do things on their own.

# ENCOURAGING SAFE INDEPENDENCE

## SAFETY IN THE HOME

Safe to touch?



yes

no

Safe to touch?



yes

no

## SAFETY IN THE COMMUNITY





# ONLINE SAFETY



The internet can help them to learn and have fun.  
But, there are dangers online that can be hard to understand,  
especially for children with learning needs.

# SETTING UP SAFE INTERNET AT HOME

## USE PARENTAL CONTROL

Set up filters to  
block unsafe  
websites.

## LIMIT SCREEN TIME

Set daily time  
limits for being  
online

## CHECK WHAT THEY DO ONLINE

Keep tablet or  
computer limited  
to a shared area  
of the house

# SIMPLE ONLINE SAFETY RULES



## IMPORTANT RULES

- Don't talk to strangers online.
- Never share personal information (name, address, phone number).
- Always ask a parent if something feels uncomfortable or scary.

## USE VISUALS

- Show them what a "safe" website looks like.
- Repeatedly go over the rules using visual aids.

# TOOLS YOU CAN USE TO KEEP YOUR CHILD SAFE

Parental Control Tools:  
Google Family Link or built-in  
device controls.

Supervise and make sure  
you have access to all of  
their online activity

Educational Websites for  
Parents

# Resources

Oaklands School website  
High oaks Secondary->Home  
learning videos ->Life skills



HIGH OAKS SECONDARY ▶ HOME LEARNING VIDEOS ▶ LIFE SKILLS

## LIFE SKILLS



### THIS SECTION

ATTENTION AUTISM

ENGLISH

LIFE SKILLS

<https://www.oaklands.hounslow.sch.uk/page/?title=Life+Skills&pid=516>



**WE ARE HERE TO  
SUPPORT YOU**





**THANKS!**