

Early social relationships

- Building **shared attention**: [Building attention skills in children: THE BUCKET! \(youtube.com\)](#)
- Intensive interaction [What is Intensive Interaction? \(youtube.com\)](#)

Supporting social relationships

- <http://carolgraysocialstories.com/>
- <https://www.socialthinking.com/> provides resources devised around age and topic teaching social and emotional learning
- <https://do2learn.com/SocialSkills/CommunicationSkills/index.htm> tips for social communication
- <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

Social vulnerability

- [Loneliness - National Autistic Society advice and guidance](#)
- [Healthy and unhealthy relationships | Childline](#)
- [Healthy relationships | NSPCC](#)
- [National Autistic Society - Socialising and relationships](#)

Language and Communication Resources

- [Autistic people and masking \(autism.org.uk\)](#)
- <https://www.socialthinking.com/> provides resources devised around age and topic teaching social and emotional learning
- <https://do2learn.com/SocialSkills/CommunicationSkills/index.htm> tips for social communication
- Helen Sanderson person-centred resources (e.g. One Page Profiles) <http://helensandersonassociates.co.uk/person-centred-practice/>
- Essex website on creating communication passports [Communication Passports | Inclusive Communication Essex \(essexice.co.uk\)](#)
- [Autism Diagnostic Youth Service: Suffolk \(ADYSS\) website](#) Suffolk-based service but the website has useful information for any autistic children and young people and their families, including information on language and communication
- A Kind of Spark (CBBC, on iPlayer) <https://www.bbc.co.uk/cbbc/shows/a-kind-of-spark>

- PST workshop on communicating with teenagers to get the best out of your relationship [Getting the best out of your relationships with your person](#)
- [Selective mutism | Kent Community Health NHS Foundation Trust](#) online free training programme

Emotion Resources

- Inside Out: Guessing the feelings: <https://www.youtube.com/watch?v=dOkyKyVFnSs>
- Sesame Street: Name that emotion with Murray!: <https://www.youtube.com/watch?v=ZxfJicfyCdg>
- Emotional Literacy Support Assistant (ELSA) websites <https://www.elsa-support.co.uk/> and <https://www.elsanetwork.org/resources/free-resources/>

Social Activities

- [Activities Unlimited](#) – short breaks open to young people with SEND in Suffolk
- [Neurodivergent Abilities](#) – regular social events

Other workshops/learning resources

- [Childhood Neurodiversity: Supporting Language and Communication \(youtube.com\)](#) previous workshop in this series including information on masking, role of behaviour and emotions in communication, supporting speech and language difficulties
- PST workshop on communicating with teenagers to get the best out of your relationship [Getting the best out of your relationships with your person](#)
- [Selective mutism | Kent Community Health NHS Foundation Trust](#) online free training programme

Books

- *The Green Zone Conversation Book* – Joel Shaul
- *Asperkids Secret Book of Social Rules* – Jennifer Cook
- *Happy Families* – Dr Beth Mosley*

**Disclosure: book royalties (Happy Families; Pan Macmillan) to Dr Beth Mosley, Consultant Clinical Psychologist, NSFT*

Suffolk advice and support

- [Autism Diagnostic Youth Service: Suffolk \(ADYSS\) website](#) service based in Suffolk but information relevant to all families, including information on language and communication
- [Paediatric speech and language therapy \(wsh.nhs.uk\)](http://wsh.nhs.uk)
- **Suffolk Support and self-help guide:** Information about local services for children's emotional wellbeing and mental health. This booklet can be accessed via the following link: <https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
 - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
- **Barnardo's Phonenumber** for advice on emotional/mental health and wellbeing – call 0345 600 2090 option 2
- **Parents and Carers Together (PACT)** support for parents and carers of children and young people with mental health issues. www.parentsandcarerstogether.co.uk Helpline number 07856 038799
- **Suffolk Local Offer** - outlines services available in Suffolk for neurodiversity <https://suffolklocaloffer.org.uk/asset-library/NDD-parent-carers-guide-July-2024.pdf>

Psychology in Schools Team parent/carer workshops

We run regular free online parent/carer workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite www.nsft.uk/workshops or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

Link to watch the first workshop in the series: - [Childhood Neurodiversity: What You Need to Know as a Parent/Carer](#)

The next online workshops in the Childhood Neurodiversity series are:

- **Childhood Neurodiversity: Supporting your Child's Education**
For parents of school aged children.
Many parents have reported the struggles their children are facing in education. This workshop will provide advice and guidance on how parents/carers can navigate some of the challenges they will likely be facing.
[Wednesday 20th of November at 13:00pm – Register here](#)
- **December**
Childhood Neurodiversity: Supporting Your Child with Anxiety
A workshop which explores valuable strategies and tips to help your child with anxiety. This workshop will explore what anxiety is, how this may present in neurodiverse children and offer practical advice and strategies to support your child in this area.
[Tuesday 17th of December at 13:00pm – Register here](#)

The next workshops in our mental health and wellbeing programme are:

Supporting your Child to Manage Anxiety and Big Feelings

Wednesday 20th November 16:00PM - [BOOK HERE](#)

Supporting your Child/Adolescent with Anxiety

Wednesday 23rd October 16:00 PM - [BOOK HERE](#)

Wednesday 18th December 16:00 PM - [BOOK HERE](#)

Supporting Your Child or Adolescent with Low Mood

Tuesday 19th of November 13:00 PM - [BOOK HERE](#)

Building Confidence and Managing Anxiety in Your Child – (two-part workshop)

Part 1: Thursday 21st November 18:00 PM - [BOOK HERE](#)

Part 2: Thursday 28 th November 18:00 PM - [BOOK HERE](#)