

Complete UK SEND Parent Support Pack

This support pack is designed to empower and encourage parents of children with Speech Delay and Special Educational Needs and Disabilities (SEND). It includes practical strategies, advocacy guidance, emotional wellbeing support, and trusted UK resources.

1. Celebrating Progress

- Recognise small wins such as new sounds, improved attention, or smoother transitions.
- Praise effort rather than perfection.
- Keep a 'Proud Moments' journal to track development.
- Record short videos to reflect on progress over time.
- Share achievements with teachers, SENCOs, and therapists.

2. Everyday Communication & Emotional Strategies

- Use visual timetables and now/next boards.
- Offer structured choices to build independence and confidence.
- Model simple language and gently expand on your child's words.
- Name and validate emotions (e.g., 'I can see you feel frustrated').
- Create a calm-down space at home.
- Reduce language demands during emotional moments.
- Use gestures, signing, or AAC alongside spoken language.

3. Advocacy & Looking Ahead

- Understand your child's support plan (EHCP or SEN Support) and review it regularly.
- Set small, realistic communication goals.
- Prepare early for transitions (new class, school, or setting).
- Keep written records of meetings and agreed actions.
- Work collaboratively with professionals while confidently voicing concerns.

4. Trusted UK Resources

- Speech and Language UK – www.speechandlanguage.org.uk
- Afasic – www.afasic.org.uk
- Royal College of Speech and Language Therapists – www.rcslt.org
- SENDIASS – Local SEND Information, Advice and Support Service
- BBC Tiny Happy People – www.bbc.co.uk/tiny-happy-people
- YoungMinds – www.youngminds.org.uk
- ACE Centre – www.acecentre.org.uk

Final Message: Your patience, advocacy, and love make a powerful difference. Every child deserves to feel heard, understood, and celebrated. Progress may take time, but every step forward matters.