

Building Confidence & Managing Emotions

Zoom Parent Peer Support Meeting

Supporting children with speech delay and SEND to feel understood, confident and safe

Session Aims



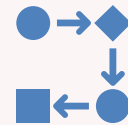
Understand emotional challenges linked to speech delay and SEND



Learn ways to build confidence

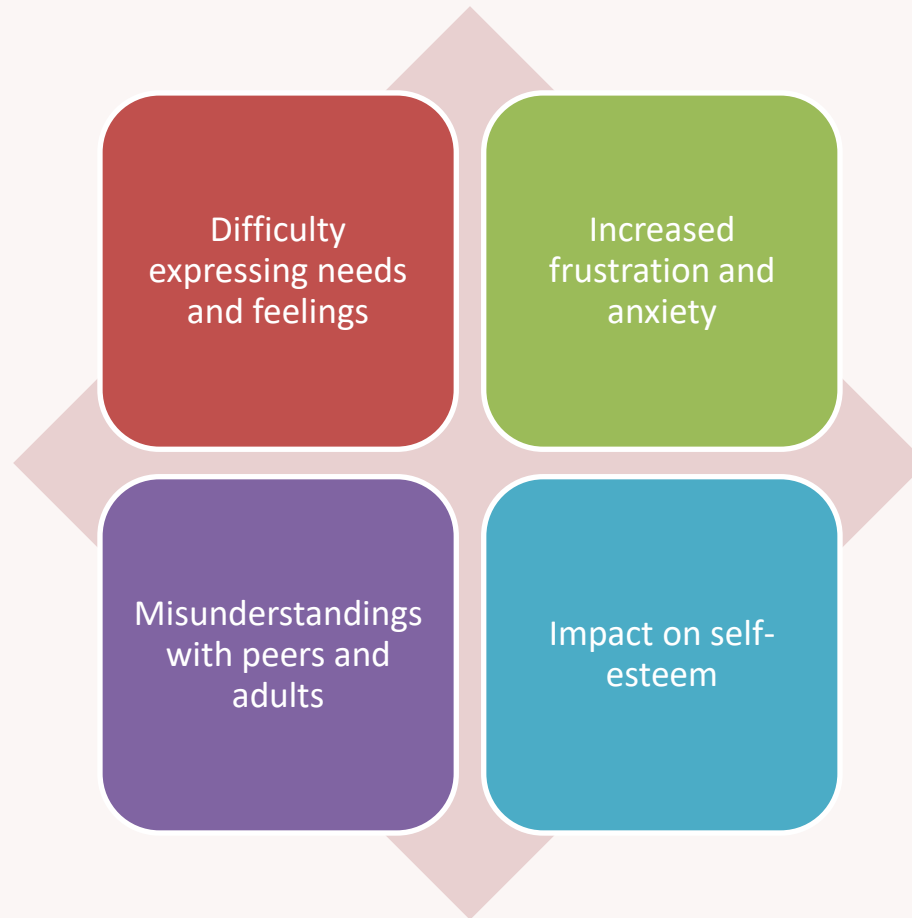


Explore strategies to support emotional regulation



Share experiences and ideas

Why Speech Delay Affects Emotions



Common Emotional Responses



Meltdowns or
withdrawal



Anger or
frustration



Low confidence
or avoidance

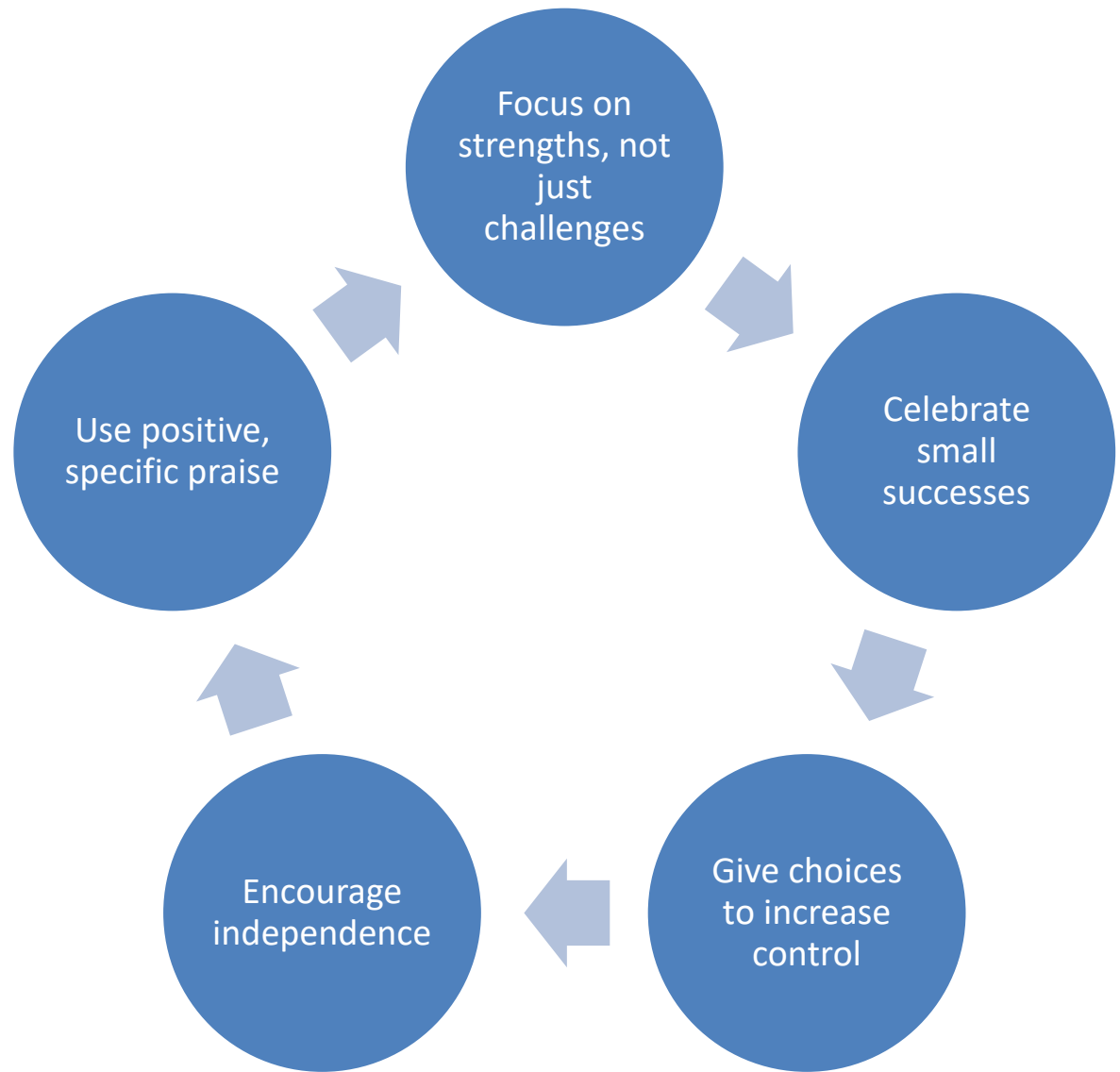


Anxiety in
social situations



Behaviour as
communication

Building Confidence in Everyday Life



Supporting Emotional Regulation

Name and
validate
feelings

Use visual
emotion
charts

Teach calming
strategies

Build
predictable
routines

Model calm
responses

Communication Supports That Help Emotions



Visual supports and
symbols



Gestures and sign
support



AAC and
communication aids



Giving extra
processing time



Reducing pressure
to speak

Social Confidence & Relationships

Practice turn-taking games

Role-play social situations

Support peer interactions

Prepare for new situations

Praise effort in communication

When Emotions Feel Big

Create a calm-down space

Offer sensory tools

Reduce language demands

Stay close and reassuring

Reflect after the moment

Working With Professionals

Share emotional concerns with SALT and school

Ask for emotional wellbeing support

Keep strategies consistent

Advocate for your child

Helpful UK Resources

Speech and Language UK

NHS Speech & Language Therapy

SENDIASS

YoungMinds

National Autistic Society

Group Discussion

What helps your
child feel
confident?

What emotional
challenges do
you notice?

What support
would you like
next?

Thank You

Every child deserves to feel heard, confident and supported.

Small steps, taken with empathy, make a big difference.