

I'M A PARENT, GET ME OUT OF HERE!

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR PARENTS/CARERS OF CHILDREN/YOUNG PEOPLE WITH AUTISM

Working From Home: Tips and Tricks

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The ability to work from home is something that many people see as an attractive proposition. However, as the lockdown has made it a necessity for many, some have found that the reality of trying to juggle their home life and work can be problematic. As I write this, with a two-year-old hanging off one arm, I can confirm that working from home is not without its challenges! Here we will look at some tips and tricks to support home-working that are relevant for parents trying to work as well as pupils trying to study.

Tip 1: Look after number one!

Although the idea of working from home sounds like you can achieve a good work/life balance the reality can be very different. It means that your work is always there and it can be hard to get away from. Try to stick to your working hours and don't be tempted to check emails in your personal time. Similarly for pupils, try to complete work/study during set hours and make sure that there is 'down time'. Be sure to look after your physical health too. Try to set up a work-station (feet flat on the floor, screen at eye-level, good lighting etc). This isn't easy for everyone but working on the floor or on the sofa for long periods can lead to back, neck and shoulder problems so be sure to take short movement breaks regularly.

Tip 2: Create Healthy Routines

Working at home means that it is possible to work solidly through the day without breaks or having any downtime. You can schedule video call after video call with no need to move away from your desk, walk between venues or grab a coffee. Try to create a healthy routine around work. Make sure to schedule short breaks between video calls/work tasks. Similarly for pupils, the structure of the school day allows for downtime between classes so try to build downtime and movement breaks into study routines.



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It can also be tempting to work through lunch or into the evenings to get tasks finished. Try setting alarms to make sure that you stop to eat and that you stop in the evening. The exception here is if you need to move your work hours around to allow for periods of childcare. It might be agreed with your manager/supervisor that you can take leave during the day for certain periods and then complete the working hours in the evening. For some the difficulty might be motivating themselves to work. Try going through your normal pre-work routines, breakfast, shower, even going for a short walk to mimic your commute might help.

Tip 3: Speak to your colleagues/boss

Most people understand how difficult things are at the moment and this is still a period of huge adjustment in people's lives. Let colleagues know if you may need extra notice if they are scheduling a video call. Tell your manager or supervisor if you are finding things difficult. Similarly, if you feel that school are sending home too much work or that your child/young person is struggling then contact the school for support. Generally, schools are placing huge importance on emotional wellbeing and mental health following this lockdown period and will be able to offer support. Everyone is getting used to these new ways of working and if they are going to be successful they need to work for everyone.

Bored?!

A beautiful sunny week might mean that you're able to make the most of the sunshine outside, but this is England so a change in the weather is bound to bring more indoor time so you might like to think about trying a new game with your children. As we know, games are fun and can teach a lot of other core skills such as turn taking, winning and losing (with good grace is) thinking, concentration



Name of game	Age guide	No. of players	Brief description	Plus points
Battleships	7 +	2	It is a strategy game where you try and sink your opponent's fleet of ships before they sink yours.	It helps develop planning , logical thinking and reasoning Introduces co-ordinates and grids. Can be played with pencil and paper
Mastermind	6 +	2		
Scrabble	8 +	2 - 4		Junior version also available
Chinese Checkers	6 +	2 - 6	Strategy board game in which players race each other to see who can fill their destination triangle with coloured pegshjyu	Easy to understand Helps develop problem solving, analytical thinking and memory
Uno	3 +	2 - 10		
Carcassonne	9 +	2 - 5	Place tiles to build cities, farms and roads. The goal is to score points by owning completed features.	Requires no reading Uses visual recognition skills
Goblet Gobblers	5 +	2	Strategy game similar to noughts and crosses but with a twist.	Easy to learn
Dixit	8 +	3 - 6	A game of story telling, players select cards that best match a tile suggested by the story teller	No reading required and minimal counting. Encourages imagination Helps to teach more flexible thinking,
Top trumps				

secondary school or college?

The Autism Team are working to support these transitions. If you would like us to support your child we require email permission from parents to your child's current setting.

Check out our other weekly newsletters:

Cosy Crew – A newsletter for Primary Aged Children with Autism.

Lockdown Lift Up – A newsletter for teenagers and young people with Autism.

Available from our [Local Offer Page](#) each week.

kept him occupied for ages. He added boxes for buildings too.



Something for me:

Snowpiercer is a Netflix drama set in a post apocalyptic world. The only survivors in a frozen world are those who inhabit a perpetually moving train. Now a murder threatens the balance of power.

