

## Feeding

Start4Life-Introducing Solid Foods booklet is aimed at weaning babies. It is also relevant for children who are sometimes referred to as fussy eaters or picky eaters. The 'getting started' advice and 'top tips to encourage and explore' are useful pages of the booklet.

The booklet is available at Children's Centres or you can find it online at [www.nhs.uk/start4life](http://www.nhs.uk/start4life).

## Behaviour

Often, children with Social Communication difficulties present with challenging behaviour. The local offer has provided a number of different specialist behavioural parenting programmes. It is recommended that the first port of call for families is to make a referral and visit the websites below and to attend any available Parenting Programmes.



Please scan the QR codes to access a referral form and Parenting Programmes in Newham.



Parenting Referral form



Information about  
Parenting Programmes

## OT ELFT SCYPS YouTube Channel



Visit the Occupational Therapy ELFT SCYPS YouTube channel to watch and learn from generic videos with simple strategies and techniques that you can use to support your child with their daily activities.



## Best Start in Life (BSiL) Children's Centres in Newham

**Beckton and Royal Docks, Tollgate Road, London E6 5U43**

Tel: 020 7474 0654

**Edith Kerrison, Sophia Road, London E16 3PB**

Tel: 020 7473 2761 | Email: [info@edithkerrison.newham.sch.uk](mailto:info@edithkerrison.newham.sch.uk)

**Keir Hardie, 13 Robertson Road, Canning Town, London E16 1FZ**

Tel: 0207 476 1284 | Email: [info@keirhardie.newham.sch.uk](mailto:info@keirhardie.newham.sch.uk)

**Altmore, Altmore Avenue, East Ham, London E6 2BX**

Tel: 020 8472 3555 | Email: [info@altmore.newham.sch.uk](mailto:info@altmore.newham.sch.uk)

**Oliver Thomas, 5 Mathews Ave, London E6 6BU**

Tel: 020 8552 1177

**Kay Rowe, Osborne Road, Forest Gate, E7 0PH**

Tel: 020 8534 4403 | Email: [info@kayrowe.newham.sch.uk](mailto:info@kayrowe.newham.sch.uk)

**Maryland, Gurney Road, Stratford, E15 1SL**

Tel: 020 8534 8135 | Email: [info@maryland.newham.sch.uk](mailto:info@maryland.newham.sch.uk)

**St. Stephen's, Whitfield Road, East Ham London E6 1AS**

Tel: 020 8586 0147 | Email: [info@st-stephens.newham.sch.uk](mailto:info@st-stephens.newham.sch.uk)

**Plaistow, Junction Road, London E13 9DQ**

Tel: 020 8548 5620 | Email: [admin@plaistow.newham.sch.uk](mailto:admin@plaistow.newham.sch.uk)

**Rebecca Cheetham, Marcus Street, Stratford, London, E15 3JT**

Tel: 020 8534 3136 | Email: [info@rebeccacheetham.newham.sch.uk](mailto:info@rebeccacheetham.newham.sch.uk)

East London   
NHS Foundation Trust

## Service Directory for Parents of Children with Social Communication Difficulties



A Guide for Parents

## Why have I been given this leaflet?

Your child has been seen by Speech and Language Therapy due to some concerns about their development and communication. In this leaflet, you will find some useful resources for your child in relation to topics such as **toileting, feeding, sleep and play**. If after accessing these resources you still feel like your child needs more specialist support, you can discuss this with your Speech and Language therapist, Paediatrician or Health Visitor. You may be directed to other specialist services such as Occupational Therapy in the future if appropriate.

## Play and Development at your local Children's Centre

Here you can find links to each of the children's centres around the borough and how to contact them. They run specialist stay and play sessions for children with special needs as well as parenting support with behaviour and healthy eating.

If you would like support from a Family Support worker, you can ask anyone at your local Children's Centre.

[www.families.newham.gov.uk](http://www.families.newham.gov.uk)

## The National Autism Society

Early Bird is a programme designed for parents who have children presenting with social communication difficulties between diagnosis and school placement. The programme aims to empower parents by equipping them with the skills to support their child's social communication skills and behaviour in their natural environment. [www.autism.org.uk](http://www.autism.org.uk)

## Health Visitors

Health visitors are nurses who've undergone additional training to become a health visitor. Every family will have a named health visitor who will visit your child up until the age of five. Health visitors can help and support with achieving crucial developmental milestones such as **feeding, sleeping & toileting**. Health visitors run lots of groups and work very closely with children's centres.

Your health visitor's contact details should be in your Child's Red Book.

## Specialist Health Visitors

Specialist Health visitors can help with similar things, as well as:

- Supporting children and families during and following assessment
- Signpost families to appropriate services and make referrals to other services as required
- Offer an appointment when a child has received a diagnosis from the community paediatrician, for example, *Autism Spectrum Disorder (ASD)*
- Advice on Early Start Locality teams and Special Educational Needs Assessment Service (SENAS) who assist with Education and Health Care Plans as required.
- Help with applying for grants (DLA) and application forms

## Caudwell Children's Services



This Charity can help with providing Multi sensory equipment for your home.

[www.caudwellchildren.com/services/equipment/](http://www.caudwellchildren.com/services/equipment/)

## LBN Local offer

The Local offer is there to help you find information about local services, support, activities and events for children who have special educational needs and disabilities (SEND). Visit [www.families.newham.gov.uk](http://www.families.newham.gov.uk) or search Newham Local offer.



## Sleep

Sleep Right is run by scope and is a free online and telephone support service, which helps parents and carers of disabled children to improve their child's sleep. [www.scope.org.uk/family-services/sleep-right/](http://www.scope.org.uk/family-services/sleep-right/)