

# Sit for Kids Newsletter March 2022



Welcome to our March newsletter! This month we are looking understanding, and the different ways we can support it in every day life.

#### Supporting understanding checklist:

Try adjusting how you ask questions your help your child understand them.





Repeat and emphasise key words and rephrase instructions as necessary



Talk at a relaxed pace, saying one sentence at a time



Say the childs name to get their attention



Use familiar words and explain tricky ones



Use visual prompts to support your language e.g. gesture, pictures, objects.



Encourage the child to ask for help if they don't understand

#### Questions

Did you know, there are lots of different question types, and some questions are easier to understand than others? Changing the type of question you ask can make it easier for your child to understand! Likewise, you can challenge your child by asking harder questions...

### Level 1

Develops from around 3 years

Who is this? What is this?

What can you see? What can you hear/feel

What is X doing?

# Level 3

Develops from around 4 1/2 years

What will happen next?

What could X say?

What migh X be thinking?

What could X do?

Tell me what happened (sequencing skills)

### Level 2

Develops from around 4 years

What happened?

Who? What? Where?

Categories (What animals can you see?)

Functions (What does X do?)

Describing (What does X look like?)

#### Level 4

Develops from around 5 years

Why? Why not?
How do you know?
What would happen if?
What could you do?

#### How can you support and develop understanding skills in every day life.

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On outdoor walks with your child, ask them what they can see, hear, and feel.



Hold up everday objects and ask your child to "Find another like this".



Ask your child to show you things around the house. "Show me the TV"





At tidying up time, ask your child to sort their toys into catergories, e.g. food, vehicles, animals.



Encourage your child to think about how everday items are the same/different.



Ask your child for things according to their funcions. I..e. "Can I have something you brush with" etc.





See if your child can sequence the events of their day or recall the main events of a story.



Use books to talk about what is happening. Who is in the picture?','What is happening?', 'Where are they?



See if your child can predict what will happen next in the day "What will happen after lunch?"



Encourage your child to justify a decision they have made. E.g. "Why are you wearing an apron"



Encourage your child to make inferances from pictures they see. "How do we know the boy is sad?"



Ask your child 'what if' questions "What would happen if you spilt glue on the floor?"

# Visual Supports



Visual supports help children to see what we mean, instead of relying only on what they hear! Some great visuals you can use are...

#### Gestures



Showing objects





Emotions visuals



#### <u>Visual Timetable</u>



Showing what to do



# Worlds Down Syndrome Awareness Week

World Down's Syndrome Awareness Week, celebrated from the 15th to the 21st March every year, is a global event based on raising awareness for people living with Down's Syndrome.

On Wednesday, March 21st, you can show your support of the Down Syndrome community by wearing brightly coloured socks, to signify the extra chromosome that people with Down Syndrome usually carry.





