

PINS parent carer forum agenda 19/03/2025

1. Welcome – the aim of the group and what we hope to achieve
<https://www.youtube.com/watch?v=8YHom6Xs0oQ>
2. Introductions
3. Group rules
4. Introducing the car park and SUMO
5. Ideas for implementing the SBAR tool for parents to share concerns for discussion at future meetings
6. Topic for discussion: masking - <https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/meltdowns-and-shutdowns/>
7. Ideas for next meeting
8. Nominations for chair
9. Set date of next meeting

Minutes

Present: 6 parent carers, Mrs Baker (SENCO), Miss Wade (SENCO Assistant), Miss Gibson (class teacher and community lead - attended for last 10 minutes)

Welcome, Introductions, rules and the car park/SUMO

- Explanation into the aim of the group – to be a supportive place for parents to discuss topics of interest around neurodivergence
- Video on neurodiversity was shown to explain the different terms
<https://www.youtube.com/watch?v=8YHom6Xs0oQ>
- Website page was shared to share group rules
- Car park and SUMO rules explained – car park is where we can write any “off topic” items that come up to be discussed in more detail at the next meeting. SUMO = sum up and move on – anyone can call SUMO if it is felt the conversation has digressed from the topic.

Ideas for implementing SBAR tool

- Explained that SBAR is a tool that allows parent carers to share a specific discussion point around their child if they would like some support on how to deal with the situation that arose.
- Ideas suggested were:
 - Using a Microsoft Form that is linked on the webpage and sent out on School Gateway
 - SBAR form box for people to complete in the office
 - Any discussions around an SBAR to be shared in the minutes so that if the parent can't attend, they can still access the advice given
- Also discussed how to ensure parents who can't attend meetings are still having access to be part of the meetings:
 - Always having minutes published on the website and signposted to through School Gateway

- Recording or Live streaming the meeting through Teams – discussed potential difficulties with confidentiality and so was discounted.
- Creating PowerPoints for discussions and putting them on the website.
- Agreed that minutes would always be put onto the website and any links/presentations would be shared as part of this.

Masking

- Discussed how often children act differently in school to how they do at home and how parents find this frustrating, especially when trying to fill out paediatric referral paperwork
- Discussed why this might be happening – children will often mask at school to “fit in” with their peers and then feel safe to let it out at home
- Discussed what this can look like at home – meltdowns, behaviour difficulties
- How can we help? Talked about giving children strategies to stim or “be themselves” in a way that feels safe at school so that any meltdowns aren’t as big at home. Suggested finger tapping, foot tapping, hand breathing, hairbands on wrists to ping, something safe to bite on, reminders of home (e.g. hearts on hands or notes in lunchboxes)
- Watched a video on what it feels like when having a meltdown
<https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/meltdowns-and-shutdowns/>
- Talked about how we can help a meltdown in the moment – giving them space, listening to them when they are calm, providing a space at home where they have sensory items to support them during the meltdown (e.g. towels to twist, teddies to cuddle, pillows to shout into)
- Discussed the difficulties of being consistent with boundaries at home and how it may be helpful to know how boundaries are put in place at school so it can be replicated at home
- Discussed how it can sometimes be difficult to find the right support
 - Signposted to Space 2 Be Me <https://space2beme.org.uk/>
 - School will work to put a directory together for different support available.
- Book recommendations
 - The Reason I Jump by Naoki Higashida
 - Fall Down Seven Times, Get Up Eight by Naoki Higashida
 - Can You See Me? By Libby Scott and Rebecca Westcott (4 books in a series)
 - Mighty Mouse and Flying Donkey by Steve and Fiona Collins
 - There’s No Such Thing as Naughty (0-5 years) and There’s Still No Such Thing as Naughty (5-12 years) by Kate Silverton.

Ideas for next meeting

- Sibling rivalry
- Revisit masking in more detail and discussing if any suggestions from today have helped
- Behaviour strategies

- Self care
- Supporting neurodivergent children to understand dangers
 - We will create a poll on the website to vote to choose which of these will be the next main agenda item

Nominations for chair

No one put themselves forward as a chair. It was agreed that the school representative would chair until a parent carer felt confident enough to put themselves forward. This will be discussed at each meeting until one is elected.

Date of next meeting

Scheduled for 8th May 2025 9-10am.