

PINS parent carer forum agenda 08/05/2025

1. Welcome and introductions
2. Group rules recap including the car park and SUMO rule
3. School updates – paediatric referrals update
4. General discussion/questions.
5. Topic for discussion: Behaviour strategies
 - a. What behaviours are we seeing at home?
 - b. What have we tried? What's worked/what hasn't worked?
 - c. What will we try next?
6. Ideas for next meeting
7. Nominations for chair
8. Set date of next meeting (**Tuesday 24th June 9am**).

Minutes

Present: 2 parent carers, Mrs Baker (SENCO), Mrs Eves (SENCO Assistant), Mr Andrews (Headteacher – attended for the first 10 minutes of the meeting)

Welcome, Introductions, rules and the car park/SUMO

- Mr Andrews explained that he would be taking on coordinating future forums whilst Mrs Baker is on maternity leave.
- Car park and SUMO rules re-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.

School Updates – paediatric referrals

- Discussed how paediatric referrals have changed – schools and GPs can no longer refer in the traditional way and a This Is Me Needs Summary is now the first point of the referral route.
- This change has been made by the health system and government, not just in school.
- Discussed why this change has happened – long waiting lists without support, the This Is Me programme puts support first in the hope that this support will be effective without needing a diagnosis.

General discussions/questions:

- No questions were raised.
- General discussions around situations that had occurred with the parents' individual children at home/school were had.

Topic for discussion: Behaviour strategies

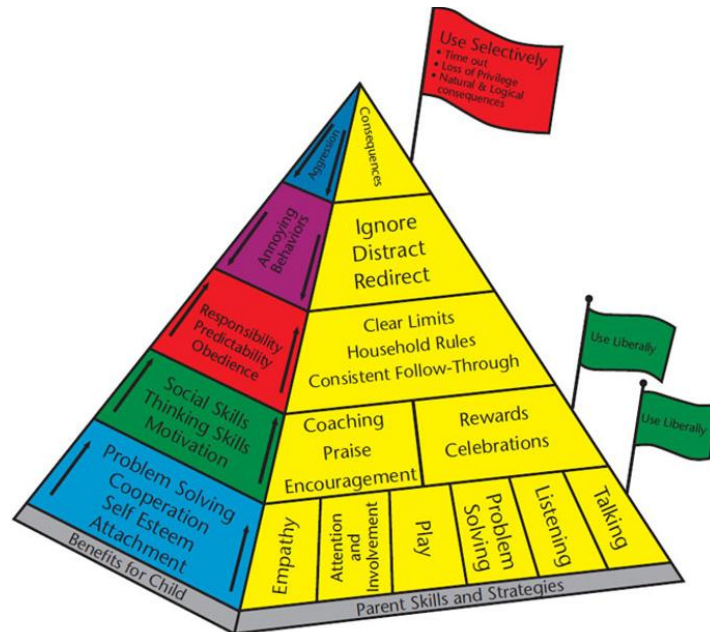
- Shared the poll results from the website. 14 parent carers engaged in the poll, with the majority of parents choosing to discuss behaviour strategies.

Next forum topic

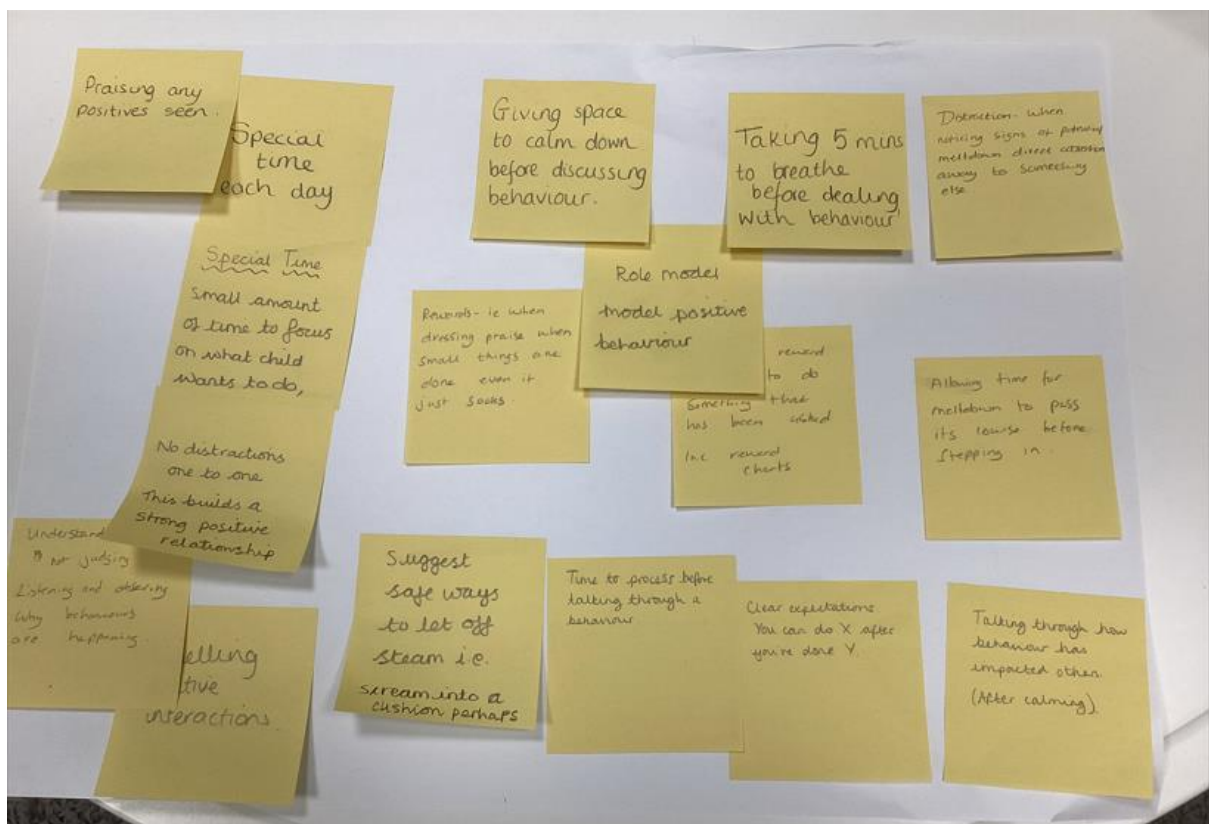


- Behaviours parent carers are seeing at home included shutting down and needing space, non-stop talking/interrupting, sibling rivalry, attention seeking, meltdowns, dinner time difficulties
- Strategies were discussed and parent carers shared what they have already tried and suggested to each other what may work in their scenarios:
 - Look for patterns or triggers for what happens around the behaviours being displayed – keep a note/diary of each incident to try and spot this pattern – could they be hungry, tired, feeling like their not being listened to etc?
 - Model positive conversations e.g. at the dinner table, to support any difficult behaviours being seen – discuss each family member’s favourite part of their day (including parents/carers’ favourite time using language appropriate for the age of the child), manage talking over each other by using something to indicate it’s someone’s turn to talk e.g. having an object that means it’s that person’s time to speak and then praising the other children for listening well
 - Validating emotions the child is displaying and then giving them an alternative to the negative behaviour that was displayed alongside this emotion e.g. if a child hits after losing a game, let child calm down and then say “I can see that you’re angry, it’s really difficult losing a game. Next time, try squeezing the pillow to let your emotion out rather than hitting so that everyone stays safe. When we are calm, we should say well done to the person who won.”
 - Special time – 1:1 time with each child for a short amount of time in the day (even just 5 minutes) where your sole attention is on the child and the play they want to do (no phones distracting or dinner/washing). Use a time to let the child know when their time is finished and if more than one child, to indicate to them that you can give them some attention once the time is up.

- Shared the behaviour strategy pyramid, with an emphasis on using the strategies at the bottom of the pyramid more often than those at the top to avoid behaviour discussions being mostly negative.



- Parent carers wrote on post its some ideas for managing behaviour in a positive way:



- Parent carers shared one thing they would try that had been discussed today and would share it at the next session.

Ideas for next meeting – these will be voted on in a poll on the website before the next meeting

- High-functioning Autism
- SEN processes in school e.g. what is the SEN register, what are personalised plans, what support is available in school?
- Transition

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 24th June 2025 at 9am.