

A Simple Guide for Parents and Carers: Supporting Learners Who Struggle to Regulate

At Strathmore School, we recognise that some learners may find it difficult to regulate their attention, emotions, or behaviour. Our team offers personalised strategies and adjustments to help these learners feel confident and supported in the classroom. This includes structured routines, clear expectations, and a range of resources designed to help learners that struggle to regulate engage positively with their learning and peers.

Common Signs Your Child May Need Support with Regulation

- **Inattention:** Difficulty focusing, becoming easily distracted, or trouble following instructions.
- **High Energy:** Excessive movement, difficulty sitting still, constant fidgeting.
- **Impulsivity:** Acting without thinking, interrupting others, or struggling with self-control and turn-taking.

Helpful Tips for Home

Supporting a child who finds regulation challenging involves creating a structured, predictable, and supportive environment. Here are some key strategies we use at school that you can try at home:

Use a Visual Timetable

Children who struggle to regulate benefit greatly from clear routines. A visual timetable helps them understand what to expect throughout the day—something all learners at Strathmore use in their classrooms.

- Show your child what will happen each day using pictures or simple words.
- Include transitions between activities and try using timers to signal changes.
- Keep routines consistent, especially around mornings, mealtimes, and bedtime.

Try a Reward Chart

Positive reinforcement can be a powerful motivator.

- Offer immediate and meaningful rewards for things such as following instructions or finishing an activity.
- Praise effort as well as success!

- You could try a simple reward chart, for example: gaining stars for each small step, and then after three stars, they get a reward such as 10 minutes on their iPad.

Use a Sensory Diet

A sensory diet is a plan of calming or energising activities that help your child feel more regulated.

- Incorporate movement breaks throughout the day (jumping, stretching, bouncing on a therapy ball).
- Use fidget toys or a quiet corner to help them stay focused.
- Each child at Strathmore will have a personalised sensory diet made by our Occupational Therapists. If you would like this for your child, please contact your class team, and we can send it to you.

Set Up a Calm Space

- Make a quiet place for work or rest time.
- Keep instructions short and clear—one step at a time.
- Offer choices to help build independence and reduce power struggles.

Support Their Feelings

- Difficulties with regulation can make children feel frustrated or upset.
- Help them talk/communicate about their feelings or use calming strategies like rocking on a therapy ball or drawing.
- Praise them often and remind them of their strengths!

We're Here to Help

Our staff are here to support your family. If you need help with routines, task planners, rewards, or sensory ideas, just ask! We can also help to print resources or symbols you may need at home. Together, we can help your child succeed at home and at school.

Helpful links

<https://adhdembrace.org/>

<https://www.adhdfoundation.org.uk/>

<https://adhdandyou.co.uk/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>