

Examples of reasonable adjustments in school

1

Flexible start / finishing times

These are peak times for busy crowds and schools bells both of which could cause unnecessary anxiety. Also allowing an alternative entrance / exit to everyone else may help a child to feel more safe during the transition.

2

Sensory adjustments

Adjustments such as alternative seating arrangements, fidget toys, ear defenders and movements breaks should all be considered as realistic and appropriate adjustments. Uniform policies should be relaxed for children who struggle with the texture or fitting of the uniform. Children should never be discouraged or stopped from stimming (unless harmful).

3

Classroom seating

Giving a child choice over where they sit in the classroom can help to decrease anxieties and may improve learning and focus. For example sitting near to the door gives the child a clear exit if they begin to feel overwhelmed.

4

Learning adaptations

Examples include: visually presenting tasks, verbal and written instructions, option to write or type work, planners and checklists, chunking information and allowing opportunities for doodling.

5

Time out cards to leave class and regular check ins

Both of these tools support emotional regulation during the school day. Do not expect a child to initiate these things themselves-they will often need to be prompted.

6

Behaviour policies

Detentions or punishments should not be given for anything caused by executive functioning issues or meltdowns for example. The child is not intentionally doing these things.

7

Preparation

Predictable environments reduce anxiety and give the child a sense of control. Last minute changes can cause a lot of distress. Inform the child and parents in advance where possible of any timetable or routine changes that will affect them.

8

Break times

Arrangements during this period such as: allowing a child to go into the dinner hall before others, a safe place chosen by the child to go to eat or chill out, structure needed during breaks, an adult that knows the child and will be available for the child to go to if they need to.