

**Early social relationships**

- Building **shared attention**: [Building attention skills in children: THE BUCKET! \(youtube.com\)](#)
- Intensive interaction [What is Intensive Interaction? \(youtube.com\)](#)

**Supporting social relationships**

- <http://carolgraysocialstories.com/>
- <https://www.socialthinking.com/> provides resources devised around age and topic teaching social and emotional learning
- <https://do2learn.com/SocialSkills/CommunicationSkills/index.htm> tips for social communication
- <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

**Social vulnerability**

- [Loneliness - National Autistic Society advice and guidance](#)
- [Healthy and unhealthy relationships | Childline](#)
- [Healthy relationships | NSPCC](#)
- [National Autistic Society - Socialising and relationships](#)

**Language and Communication Resources**

- [Autistic people and masking \(autism.org.uk\)](#)
- <https://www.socialthinking.com/> provides resources devised around age and topic teaching social and emotional learning
- <https://do2learn.com/SocialSkills/CommunicationSkills/index.htm> tips for social communication
- Helen Sanderson person-centred resources (e.g. One Page Profiles) <http://helensandersonassociates.co.uk/person-centred-practice/>
- Essex website on creating communication passports [Communication Passports | Inclusive Communication Essex \(essexice.co.uk\)](#)
- [Autism Diagnostic Youth Service: Suffolk \(ADYSS\) website](#) Suffolk-based service but the website has useful information for any autistic children and young people and their families, including information on language and communication
- A Kind of Spark (CBBC, on iPlayer) <https://www.bbc.co.uk/cbbc/shows/a-kind-of-spark>

- PST workshop on communicating with teenagers to get the best out of your relationship [Getting the best out of your relationships with your person](#)
- [Selective mutism | Kent Community Health NHS Foundation Trust](#) online free training programme

### **Emotion Resources**

- Inside Out: Guessing the feelings: <https://www.youtube.com/watch?v=dOkyKyVFnSs>
- Sesame Street: Name that emotion with Murray!: <https://www.youtube.com/watch?v=ZxfJicfyCdg>
- Emotional Literacy Support Assistant (ELSA) websites <https://www.elsa-support.co.uk/> and <https://www.elsanetwork.org/resources/free-resources/>

### **Social Activities**

- [Activities Unlimited](#) – short breaks open to young people with SEND in Suffolk
- [Neurodivergent Abilities](#) – regular social events

### **Other workshops/learning resources**

- [Childhood Neurodiversity: Supporting Language and Communication \(youtube.com\)](#) previous workshop in this series including information on masking, role of behaviour and emotions in communication, supporting speech and language difficulties
- PST workshop on communicating with teenagers to get the best out of your relationship [Getting the best out of your relationships with your person](#)
- [Selective mutism | Kent Community Health NHS Foundation Trust](#) online free training programme

### **Books**

- *The Green Zone Conversation Book* – Joel Shaul
- *Asperkids Secret Book of Social Rules* – Jennifer Cook
- *Happy Families* – Dr Beth Mosley\*

*\*Disclosure: book royalties (Happy Families; Pan Macmillan) to Dr Beth Mosley, Consultant Clinical Psychologist, NSFT*

### **Suffolk advice and support**

- [Autism Diagnostic Youth Service: Suffolk \(ADYSS\) website](#) service based in Suffolk but information relevant to all families, including information on language and communication
- [Paediatric speech and language therapy \(wsh.nhs.uk\)](https://www.wsh.nhs.uk)
- **Suffolk Support and self-help guide:** Information about local services for children's emotional wellbeing and mental health. This booklet can be accessed via the following link: <https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
  - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
- **Barnardo's Phoneline** for advice on emotional/mental health and wellbeing – call 0345 600 2090 option 2
- **Parents and Carers Together (PACT)** support for parents and carers of children and young people with mental health issues. [www.parentsandcarerstgether.co.uk](https://www.parentsandcarerstgether.co.uk) Helpline number 07856 038799
- **Suffolk Local Offer** - outlines services available in Suffolk for neurodiversity <https://suffolklocaloffer.org.uk/asset-library/NDD-parent-carers-guide-July-2024.pdf>

### **Psychology in Schools Team parent/carers workshops**

We run regular free online parent/carers workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite [www.nsft.uk/workshops](https://www.nsft.uk/workshops) or you can watch recorded workshops via YouTube at <https://www.nsft.nhs.uk/parent-workshops>

Link to watch the first workshop in the series: - [Childhood Neurodiversity: What You Need to Know as a Parent/Carer](#)