

ACTIVITIES AND USEFUL AIDS

Pinpoint does not personally endorse or recommend any of these products

Visual Timetables - Communicate in Print: www.widgit.com/support/in-print/

The **Incredible Years** Website: www.incredibleyears.com/parents-teachers/

Sleep: www.autism.org.uk/about/health/child-sleep.aspx
www.addiss.co.uk/sleepseekersbooklet.pdf

Hairdressers: www.autism.org.uk/about/family-life/out-and-about/hairdressers.aspx

Eating: www.autism.org.uk/about/health/dietary-management.aspx

Attention aids: Weighted wristbands and compression wear - www.sportsdirect.com/usa-pro-ankle-and-wrist-weights-761973?colcode=76197349&src=google&gclid=Cj0KEQiAoby1BRDA-fPXtITt3f0BEiQAPCkqQaY4rkL1TS3EY9r2moExYOyt3XqjfW6u78hEc-X5LV4aAo_Z8P8HAQ&gclsrc=aw.ds
www.sportsdirect.com/mens/mens-base-layer

One Page Profile: A one-page profile is a simple summary of what is important to someone and how they want to be supported. It can help you to provide them with more person-centred care and support. Free templates: www.helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/

Backward Chaining: Teach your children self-help or independent skills that are part of a routine using backward chaining. A tutorial on how to use backward chaining to teach tying shoes or any other activity or task that has clear steps. www.youtube.com/watch?v=K_lyEqUxvnM

A range of sensory products: www.sensorydirect.com/

M & S skin kind clothes: Skin Kind™ range is developed to not irritate sensitive skin. These pure cotton school polo tops have been designed with sensitive skin in mind, with flat seams and gentle labels and trims www.marksandspencer.com/2-pack-unisex-pure-cotton-skinkind-polo-shirts/p/p22309579?prevPage=srp

Fledglings: Fledglings is a national charity that finds and sells products that improve the lives of disabled children and their families www.fledglings.org.uk/

Making a weighted blanket: <https://www.youtube.com/watch?v=zp8MpA12n04>

Surcare unscented washing products: Available for Tesco, ASDA etc.... www.surcare.co.uk/

Motiv8 youth club: Wednesdays -7-9pm for ages 13-17 www.pinpoint-cambis.org.uk/node/3588

Huntingdon Gym: Run inclusive classes: www.huntingdon-gymnastics.org/

Swimming: Cambridge disabled swimming club www.cdksc.co.uk/ Disability swimming squad www.cocsc.org.uk/disability.html

Romsey Mill: Various groups for young people: www.romseymill.org/youth-development/ and young people with ASC: www.romseymill.org/aspire/

Parent recommendations: ADHD the facts book: www.amazon.co.uk/Adhd-Facts-Series-Mark-Selikowitz/dp/0199565031 and Omega 3 supplements to help with concentration: www.vegepa.com/