

# SEND & SEMH

## Newsletter 25/26

Resources, articles and tips!

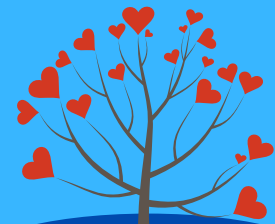
via clickable links

### Video: Bubble Breathing

A cute little video that guides a child through bubble breathing, which is a great strategy for supporting a child to regulate.

### 2. Article - Supporting grieving children

From the amazing charity Winston's Wish - a practical guide for parents and carers on how to support your child



### 3. Event - SENSory Astronights at the science museum

SENSory Astronights is an overnight event for families who benefit from a more relaxed museum atmosphere, and a calmer and free-flowing environment.

## DID YOU KNOW...

children learn speech and language through interaction, with vocabulary expanding rapidly from around 50 words at age 1 to about 1,000 at age 3

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin