



Changing childhoods.
Changing lives.

Barnardo's Peterborough and South Fenland Child and Family Centre's.

**Supporting children aged 0-5 years
with a Special Educational Need or
Disability and their families.**

13 June 2025

Private & Confidential



Barnardo's SEND sessions...

- Our Send Adventure
- Sensory Learners



Our Send Adventure....

Our Send Adventure is co-delivered by Barnardo's Early Years team and a parent volunteer from within our locality.

Families, carers and childminders of neurodiverse children are welcomed to the session; children are given the opportunity to play and explore activities that support their sensory needs.

Our Send Adventure is a safe space for families to bond, share their experiences and reach out for support while being part of an inclusive network.

During the sessions, our practitioners are there to support parents with their child's learning and development by modelling play and supporting their speech and language with the use of visual aids alongside Makaton signing.

Sensory Learners.....

Our Sensory Learners session is co-delivered with Portage. It is a group for parents, carers and childminders to attend with their child/children in a safe and stimulating environment. Families with children who have additional support needs and/or complex needs and disabilities can attend the group.

Parents are asked to book on to the session so activities and resources can be set up to meet the individual needs of the children and reduce numbers attending so families are able to access the support they need. The voice of the child and parent is important in the planning of the group and enables us to identify the children's interests and provide resources accordingly.

Parents are often observed to share their own experiences with others during the group, which helps create a support network for some families, from parent's feedback this is a crucial part of their journey.

Whilst at the group children are supported to explore a wide variety of sensory play, socialise with their peers and share new experiences.

Targeted support available....

- Every Child a Talker (ECaT)
- Mighty Milestones
- Top Tips for Toileting
- Tots Talking

Every Child a Talker

1:1 ECaT is offered to families with children aged 3 years and older with the hope they have already tried earlier interventions such as Chatter Matters or Tots Talking.

These 1:1 sessions are aimed at children who have delayed speech and language. They may have been referred in from the Early Support Pathway, family support worker or have previously attended Tots Talking.

The ECAT practitioner initially meets with the parent and child to discuss their speech and language, and look at the child's interests etc. This helps the practitioner to plan activities for the sessions meeting the child's individual needs.

Weekly observations are made to be able to chart the progress on the ECAT monitoring tool. Each session lasts approximately 30-45mins and is always ended with singing, bubbles and the goodbye song so the child knows this is the end of the session.

Parents are encouraged to try an activity at home and feedback the child's response the following week, whether this be singing, blowing bubbles or using objects of reference.

For those children who attend ECAT for a long period of time, the sessions generally become more structured homing in on specific areas whether this be listening & attention skills or speech sounds etc.

Mighty Milestones.....

Mighty Milestones is a 5-week course for parents with children over the age of 2 years which focuses on a different topic each week including:

Play Schemas Praise & Encouragement Routines & Boundaries Managing Emotions Rewards & Consequences

The course explores a variety of strategies from Peep and Webster Stratton to support parents through their child's developmental stages and how this can be adapted to meet the needs of not only the child but the family too.

The course is delivered face to face and via zoom to accommodate families living across the locality, creating opportunities for parents to meet and share their own experiences with each other.

Many of the families are contacted through the Early Support Pathway and are offered a space on the course, as well as being referred in by the Health Visiting team, Barnardo's Family Support Workers or other agencies. Parents can also self-refer to the course.

Mighty Milestones provide families with resources that can be used at home with their child, this may include routine cards, emotion picture cards and reward systems.

It was highlighted through parents' feedback that the biggest impact from the course was that parents have better knowledge around how to manage their child's emotions and have a better understanding of why play is important when thinking about children's behaviour.

Top Tips for Toileting

Our Top Tips for Toileting session is a parent centred programme to support families with their child's toileting journey and supports them to understand and manage their child's toileting needs. The session is ideal for all families that need extra support with this developmental milestone.

Top Tips for Toileting is an inclusive session and will aim to support neurodiverse children and their families by exploring some of the barriers families may face including, sensory concerns, physical needs and different environments. We look at strategies to support parents to overcome these barriers.

We offer these as online group sessions and 1-1 sessions which are held both online and within our centres.

During the sessions we teach parents the importance of children having healthy bladders and bowels, giving them information and guidance in line with ERIC. We also look at how different environments and our senses can impact on children's toilet training abilities.

Parents are also signposted to the Eric website for additional guidance and support from their specialist teams should this be needed.

Tots Talking

Tots Talking is a 6-week course delivered face to face, via zoom or on a 1:1 basis. This allows families to access the service across the locality.

Families can be invited to the course via the Early Support Pathway, referred by a professional or self-refer.

During the 6 weeks we discuss strategies that support parents in developing their child's communication skills. Practitioners will share with parents a wide variety of videos, handouts and useful websites too.

We explore the different ways children can communicate, this may include using a picture exchange system, Makaton or gestures. Families are then provided with the resources needed to use in the home environment to support this.

Each week families will be sent home with an activity to try with their child, this may be sharing bubbles, making a musical shaker or playdough. Every activity that is chosen will help build a child's listening and attention skills, encourage parent-infant interaction and promote speech and language.

Using Makaton and BSL

Learning to sign is another form of communication for families. We all use signs and gestures in everyday life which can enhance children's learning.

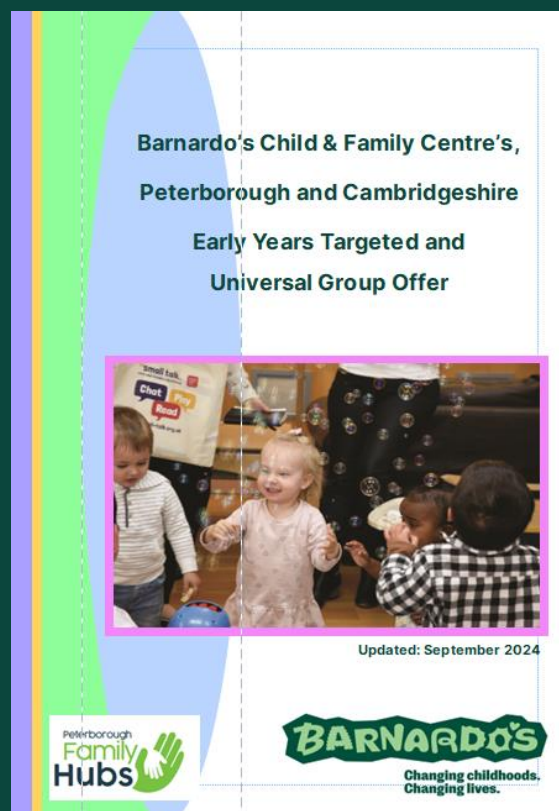
We explore basic signs and gestures within some of our other groups and courses, including Sing and Sign, Big Emotions for Young Minds, Tots Talking and Mighty Milestones.

Fact:

Research suggests that babies who learn sign language develop pathways for communication sooner than they would otherwise.

LOVEVERY.

- If you would like a digital copy of the professional booklet, please email zoe.horton@barnardos.org.uk and this can be sent to you.



Early Years Targeted Support Referral Form	
Target Area – (Please highlight or circle)	PEEP – Antenatal – 0 – Walking – Toddler to Rising 5 Baby Massage Introduction to family foods Mighty Milestones (5 week course- Play, Praise and encouragement, Boundaries and Routines, managing emotions, rewards and consequences) Driving Healthy Lifestyles ECAT – Chatter Matters – Tots Talking SEND – Sensory Learners/SEN Group Home Learning Real- Literacy/SEND Young Parents
Name of referrer and role	
Name of referrers organisation	
Date of referral	
Referred child's name	
Childs DOB	
Address	
Contact number and email	
Parent/carers names	
Is there an Early help assessment in place or in process? If yes please share outcomes or concerns	
Is Child subject to a CP or CIN Plan?	