



Children and Families Division
Child Development Centres

CONTACT US:

Email: BCHNT.CDC.NDP@NHS.NET

Tel: 0121 466 6825

Switchboard: 0121 466 6000

The BCHC website:

<https://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/birmingham-child-development-centres/>

USEFUL INFORMATION FOR THE PARENTS/CARERS OF CHILDREN WITH A DIAGNOSIS OF AUTISM/ CHILDREN WITH SUSPECTED AUTISM/ OR CHILDREN WITH ADDITIONAL NEEDS.

NB: Even if your child does not have a diagnosis, the information below may be useful. Many of our services offer support without a diagnosis.

The following pages are for parents/carers of children at any stage in their journey through the child development centres (CDC). Everyone will have their own experience and ways of dealing with things. In this document we hope to provide you with useful information and services which can offer support. You might find all or a few of the links helpful, if not right away, maybe later on. If you would like some support, to work

out who to contact first, or what to tackle first, then please call the CDC team advice line on: 0121 466 6825.



Videos about understanding Autism:

- ❖ NAS Amazing Things Happen – a film about what autism is

<https://www.youtube.com/watch?v=RbwRrVw-CRo>

Birmingham Health /Council Services for Children & Young People:

- <https://bhamforwardsteps.co.uk> Birmingham Forward Steps supplies information for all health and wellbeing services for children aged 0-5 in

Birmingham including finding your health visiting service.



- **LOCAL NHS COMMUNITY SERVICES including HEALTH VISITORS, THERAPY, CDC'S etc.** - A wide range of services for children - all contact details and numbers available via website:

www.bhamcommunity.nhs.uk/childrens-healthcare/

(go to Children & Young People's Zone/Services-Parent Portal)

Tel: 0121 466 6000 (main switchboard - ask for the service you require)

- **BIRMINGHAM CITY COUNCIL** - Children, Young People and Families: a wide range of support, advice and information for families available via:
www.birmingham.gov.uk/info/20019/children_young_people_and_families

Tel: 0121 303 1888



Issues with Food:

- Avoidant Eating in children, including those with Autism Spectrum Disorder. 'A practical Guide for Parents and Professionals' by Elizabeth Shea & Gillian Harris. This book can be purchased online.
- <https://autism.org.uk/about/healthy/eating.aspx>
- www.mayfield.lancsnyfl.ac.uk for messy play
- www.snagglebox.com How to Help a Selective Eater.

For more specific support consider contacting the BCHC Occupational Therapy Team who may be able support you if your child's difficulties are sensory related;

OT Helpline: 0121 683 2325



Sleep Difficulties:

- Cerebra Sleep Advice Service; <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>
- Tired Out; www.tiredout.org.uk

Children's Physiotherapy:

Due to the reduction of our physiotherapy service during the pandemic, we have launched a temporary advice line for children and families already known to our service.

The Physiotherapy Advice Line Number is 0121 465 4461,

The line is open between 9am and 4pm, so that parents can receive clinical advice and support for their child over the telephone in the first instance.

**For other queries regarding appointments, or cancellations, please contact the Soho service on new number 0121 466 5203.

Sensory Differences



Sensory Differences and Managing Behaviours:

- Hanen – Sensory Needs in Children with Autism – a short video <https://www.youtube.com/watch?v=Rsw-cBs74q0>
- www.autism.org.uk/sensory gives a list of several companies who provide sensory and 'fiddle' or 'chew' toys

- www.autismwestmidlands.org.uk provides information on all aspects of hair care on their website.
- BCHC Occupational Therapy advice line: 0121 683 2325
- BCHC Occupational Therapy website: <https://www.bhamcommunity.nhs.uk> (search 'Paediatric Occupational Therapy Service' in the A-Z of services)
- www.twinkl.co.uk for visual resources, lots of prompt cards for anger management/ calming down, visual timetables.



Play & Leisure:

During coronavirus safety measures, many services are closed, however, families are encouraged to utilise the '30 minutes of exercise per day'. A children's play area that is gated and has safety flooring may be a good way for your child to run about and burn off some energy; search for your local parks online.

For play indoors, even with limited space you can do art activities and exercise routines alongside your child. Search online platforms such as Youtube for activities that you and your child can do together – if your child is able, encourage them to choose what they would like to do.

Try to limit the amount of time that your child spends on phones, tablets and computers. If they are using them, your child should be supervised at all times or make sure that you have enabled parental controls on your devices to protect your child's safety online.

www.autismwestmidlands.org.uk offers information on events and soft play sessions but some services may not currently be available.



Learning:

- ❖ Hanen – creating more learning opportunities for your child with Autism
<https://www.youtube.com/watch?v=fEEBcaplgNo>
- ❖ www.twinkl.co.uk There is a 'Twinkl Home Learning Hub' for different age categories (starting at 3-5yrs) offering free access to all their resources for a limited time period
- ❖ **SENDIASS:**

The Birmingham Special Educational Needs and Disability Information, Advice and Support Service offer impartial information, advice and support to children and young people with special educational needs or disabilities.

Telephone: 0121 303 5004

Email: sendiass@birmingham.gov.uk

❖ **IPSEA:**

Independent Parental Special Education Advice

IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with SEN.

You book an advice session via the website. www.ipsea.org.uk

Birmingham City Council Communication and Autism Team (CAT Team):

- ❖ are offering support to families during the coronavirus situation helping with:
 - Strategies to support home routines
 - Motivating and engaging your child
 - Tips to help school work at home
 - Wellbeing
 - Looking after yourself
 - Social communication and interaction
 - To access this service send your name, telephone number, name of your child's school and best time to contact you to:
Email: CATParentEnquiries@birmingham.gov.uk a member of the team will then contact you as soon as possible.



General Support is available from CDC.

You can contact us via:

- The BCHC website: <https://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/birmingham-child-development-centres/>
- Telephone **0121 466 6825**, this is an advice line for families and has an answerphone available at all times. Please leave your child's name, your name, and your telephone number as clearly as possible. A member of the team will return your call as soon as possible.
- Or email : bchnt.cdc.ndp@nhs.net

The Child Development Centres are not currently offering parents support groups. We are hoping that this will be a short term measure due to the current Coronavirus situation.

Further information about services available in Birmingham can be found at <https://www.birmingham.gov.uk/localoffer>



Best Care
Healthy Communities

NHS

**Birmingham
Community Healthcare**
NHS Foundation Trust



Organisations & charities:

- Parentlinkservice@birmingham.gov.uk 0121 303 8461
- www.turn2us.org.uk is a national charity that helps people in financial hardship access support services, benefits and charitable grants.
- The Family Fund can provide families with a once a year payment to help with the purchase of essential items such as a washing machine etc.
www.familyfund.org.uk
- Contact: <https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

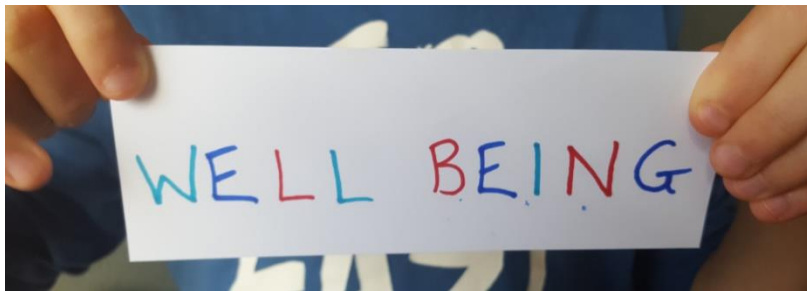
****Information from Contact's website:** Coronavirus: Information for families with disabled children

'With so much out there about Covid-19 (coronavirus) and confusion about the virus and its impact on families with disabled children, we wanted to make sure we offered you somewhere to go where all the most important information you need is in the one place.

We will keep adding to these pages as and when the situation changes, so please keep checking back for additional information and resources that could be useful to you and your family.

And of course we'll be posting all the latest news on our Facebook and Twitter pages too.

You can also keep up-to-date with everything by signing up to What's new, our regular free e-newsletter.'



Emotional support for children :

- Support for emotional psychological needs can be found at <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Looking after yourself:

- <https://www.autismwestmidlands.org.uk/what-we-do/autism-information-helpline>
- **SAMARITANS** - Someone to talk to about anything that may be getting to you
Tel: (free) 116 123
- **BIRMINGHAM CARERS HUB** - info & advice Tel 0333 006 9711 email: info@birminghamcarershubs.org.uk
- **BIRMINGHAM CONNECT TO SUPPORT** - online advice guide and community directory
<https://birmingham.connecttosupport.org>



TIPS FOR SELF-CARE:

1. Do not be too hard on yourself
2. Keep in touch with your friends
3. Find time to relax
4. Do not be afraid to ask for help
5. Avoid taking on more than you can cope with
6. Try to take regular exercise and eat a well-balanced diet
7. Identify when you have a problem and seek help
8. Try not to bottle your feelings up, talk over things with someone you trust



Best Care
Healthy Communities

NHS

**Birmingham
Community Healthcare**
NHS Foundation Trust



Communication:

- ❖ www.hanen.org helpful information and tips for parents

The following Hanen videos are aimed specifically at parents of younger children:

- ❖ Hanen -Games to help your child with Autism Communicate
<https://www.youtube.com/watch?v=kJc0ZohTpMI>
- ❖ Hanen – Why Interaction Matters Part 1
<https://www.youtube.com/watch?v=KAFcJVJHLCU>
- ❖ Hanen – Why Interaction Matters Part 2
https://www.youtube.com/watch?v=QJAgWdYM_og&t=36s
- ❖ Parents and professionals can access Speech and Language Therapy advice on **0121 466 6231**.
- ❖ There are Speech and language therapists as part of the multidisciplinary team at the CDC, so alternatively you can call the CDC advice line 0121 466 6825

Autism and support websites:

The following websites may be of interest;

<https://www.autism.org.uk/>

<https://contact.org.uk/>

<https://www.scottishautism.org/>

<https://www.autismwestmidlands.org.uk/>



Birmingham Parent Carer Forum

Are a voluntary group of Birmingham Parent Carers whose purpose is to become the bridge between services and families and a collective voice representing all members and all disabilities.

<https://www.birminghampcf.org/>

email: info@birminghampcf.org



❖ **DLA Disability Living Allowance:-**

To get a DLA form, please ring 0345 712 3456 When your forms arrive, call your Paediatrician's secretary and they can arrange a 'Patient Information Service' appointment to help you complete the forms.