

pinpoint

for parents by parents

www.pinpoint-cambs.org.uk

Do you have a child or young person with additional needs or disability?

Your child doesn't need a diagnosis for you to seek Pinpoint's help or attend one of our sessions. Your child may be on a waiting list, accessing services, had a referral turned down, or just be struggling...

Who are Pinpoint?

We are your local Parent/Carer Forum and hub for information, signposting and events for all things SEND (Special Educational Needs and Disabilities).

We offer **FREE** signposting, information, professionally supported workshops and events.

We work across Cambridgeshire linking parent/carers to the right professionals.

We work to make sure you get the services you need in a way that works for you by feeding back to those who are responsible for them.

Where can you find us?

All of our sessions and events are currently being held virtually online. Book here:
www.pinpoint-cambs.org.uk/pinpoint-events/

What do we do?

We offer practical sessions with visiting speakers and specialists who will be able to help you. We can support you to better help your child or young person with high quality information, practical ideas, tips and techniques.

We specialise in signposting to relevant organisations. We hold virtual coffee mornings called 'Tii Hubs' where you will always find a friendly face to chat to and can meet with other parent/carers in similar situations.

Pinpoint is run by parents for parents. We understand because we are like you!



@PinpointCambs

Get in touch:
information@pinpoint-cambs.org.uk



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PINS Session 3 Emotional Regulation, Working Together Workshop 2026

Who are Pinpoint?

Pinpoint Cambridgeshire is a charity not only run for parents – but also by parents.

We give help and information to parent carers of children and young people aged 0-25 with SEND (Special Educational Needs and Disabilities) and/or additional needs, as well as give parent carers opportunities to have a say and get involved in improving local services.

No formal diagnosis is required in order to access support from Pinpoint – for example, a child may be on a waiting list, accessing services, had a referral turned down, or just be struggling.

We are a small (but mighty) team of 10 part time parents/carers all who have children, young people or adults with an additional need/s in their lives.

Who are we and what is a Parent Carer Forum?

Every county has a Parent Carer forum this is a statutory duty. We are Pinpoint, Cambridgeshire's Parent Carer forum.

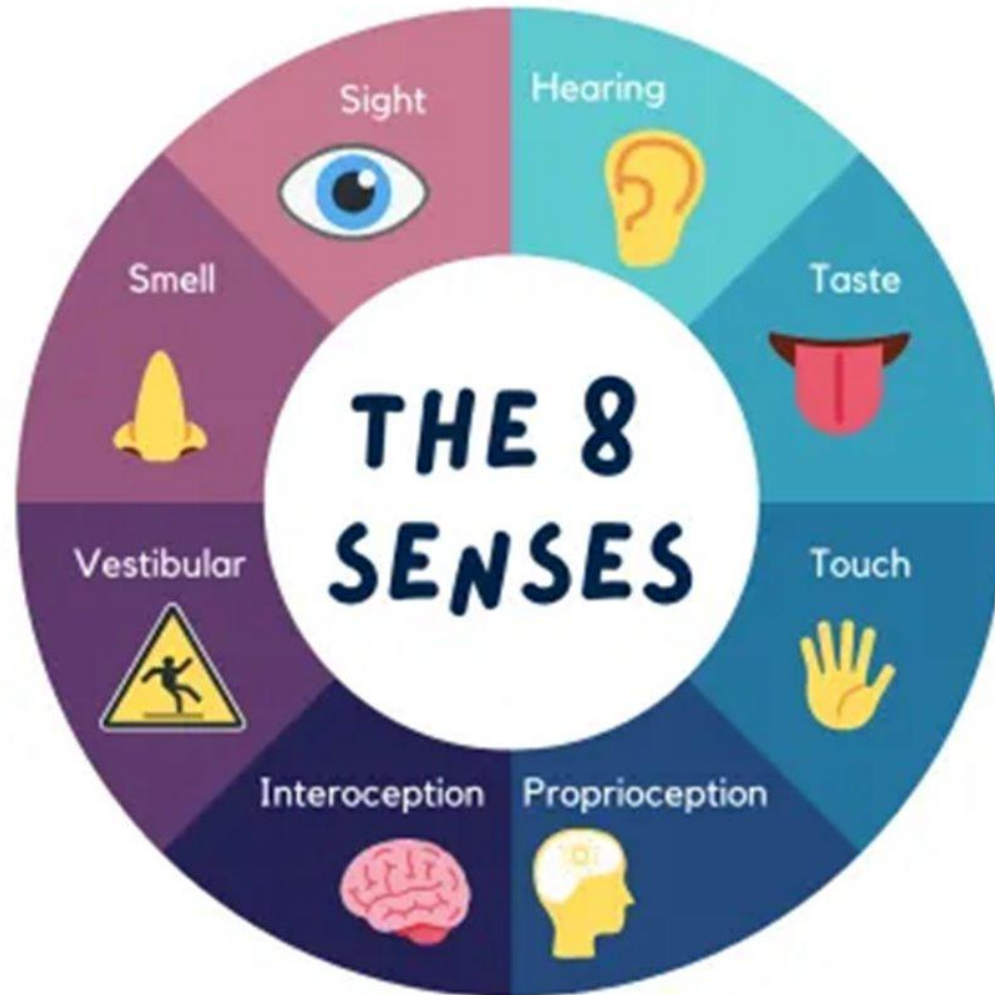
- Parent carer voices must be heard
- Eastern Region network and National Network of parent carer forums
- Chapter 1 of the SEND Code of Practice reminds us that parents/carers are the experts on their child/ren and must be involved in decision-making

We do not carry out individual casework or support work, but we will signpost to those who can.

We are aiming for a system that is us and us rather than them and us!



A quick recap of the Sensory System





Big cup

- Hypo responsive (under)
- May need lots of movement, changes in colours etc



Little cup

- Hyper responsive (over)
- Maybe easily overwhelmed by noise, light or other sensory inputs

Each of the senses can be represented by a different cup size. For example, some children may have a big cup for noise enjoy lots of different noises but other may have a small cup for noise and find it uncomfortable and makes it hard for them to concentrate and feel safe.

Emotional Regulation

Sometimes called self regulation, refers to the way we deal with big feelings.

Children often have difficulty regulating their Emotions

Some children may try to regulate using self-stimulatory behaviour, stimming.

- Can you think of some examples of stims?
A way of regulating emotions and or processing sensory information.



What is stimming? Why might a person stim?

Stimming is short of ‘self-stimulatory behaviour’ many people use stimming as a way to regulate emotions and process sensory information. It tends to be more noticeable in neurodiverse people.

Biting the end of a pen or sleeve, twirling hair rocking, tapping, talking to yourself or making noises, flapping hands and many more

- For enjoyment
- An attempt to gain sensory input
- An attempt to reduce sensory input,
- To deal with stress and anxiety and to block out uncertainty.



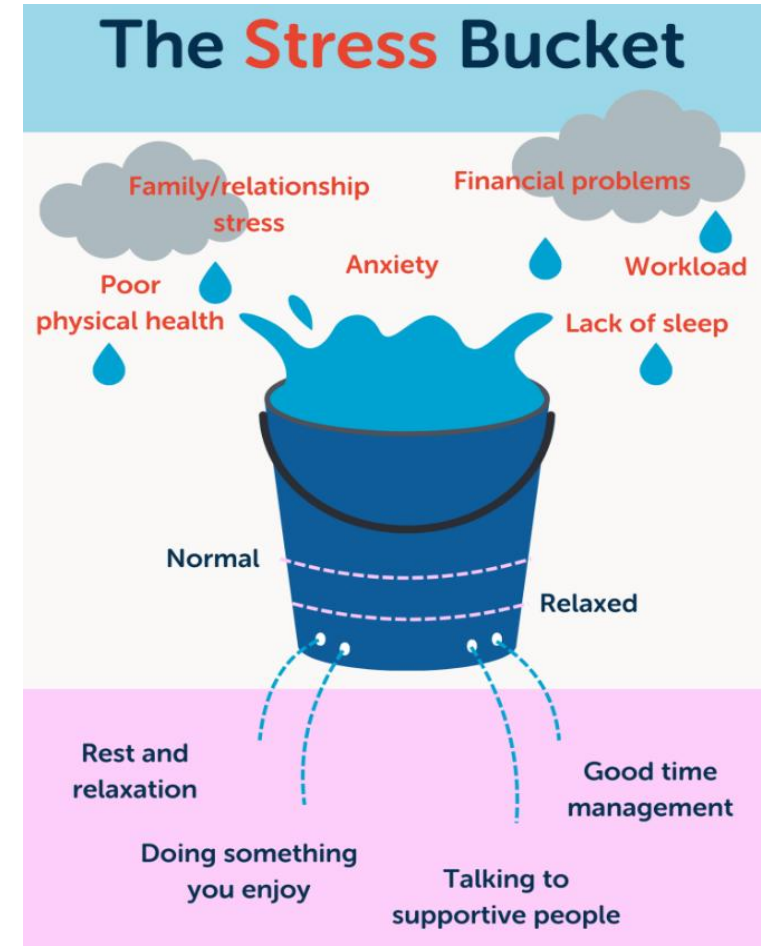
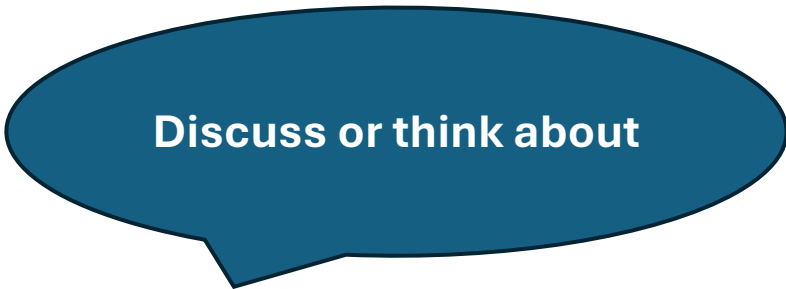
Managing Emotions & Reducing Anxiety

How can you help your child to regulate their emotions and reduce anxiety?

Can you share what you do or have tried, and if it's successful or not?

What do you do to regulate yourself and reduce anxiety?

Have you seen or heard of the stress bucket analogy before? Is it helpful?



Co-regulation: being a curious emotional detective

Co-regulation is a mutual act, an exchange of calm that occurs between two people. But when it comes to adults (who have acquired the cognitive tools to manage their emotions) and children, co-regulation also means helping a child learn how to regulate their own emotions by showing empathy and modeling calmness. This in turn helps them to develop self-regulation.

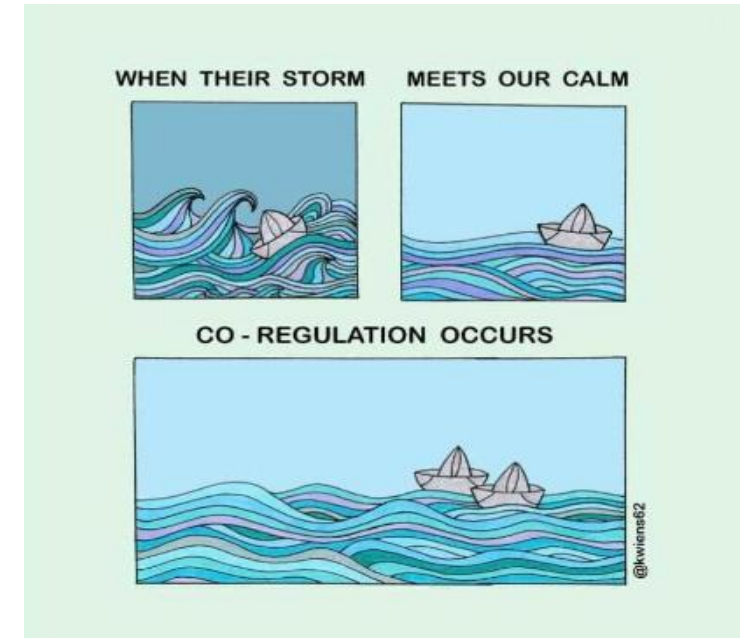
Check in with yourself first:

- Your own thoughts and feeling
- Breathing: maybe using a breathing exercise e.g. finger breathing
- Body language (side by side)
- Low demand
- Slow down pace of speech
- Lower the volume

Grounding: 5 things we can see, 4 things we can hear, 3 things we can touch, 2 things we can smell, 1 thing you can taste

Walking alongside them, outside ideally

Colouring or lego alongside each other



“Your Child regulates off your emotional states, so share your calm.”

Dr Roseanne

PACE Parenting

Children with additional needs may need a different style of parenting. PACE is a parenting model developed by Dan Hughes, a clinical psychologist. Whilst he specialised in the treatment of children who experienced abuse and neglect it can be a helpful approach for parenting children with additional needs.

P

PLAYFULNESS - Keeping a light-hearted relaxed and playful attitude keeps help the child feel connected and experience joy in the relationship. A playful tone can reduce demand and reduce anxiety.

A

ACCEPTANCE - being aware of the inner life of the child, their thoughts, feelings, beliefs, wishes and desires without trying to change who they are.

C

CURIOSITY - Wondering about the child (and with the child) to try and figure what is going on and understanding what is being communicated by the behaviour.

E

EMPATHY - Having a different understanding and deeper acceptance of the child and their experiences. Empathy builds secure attachments.

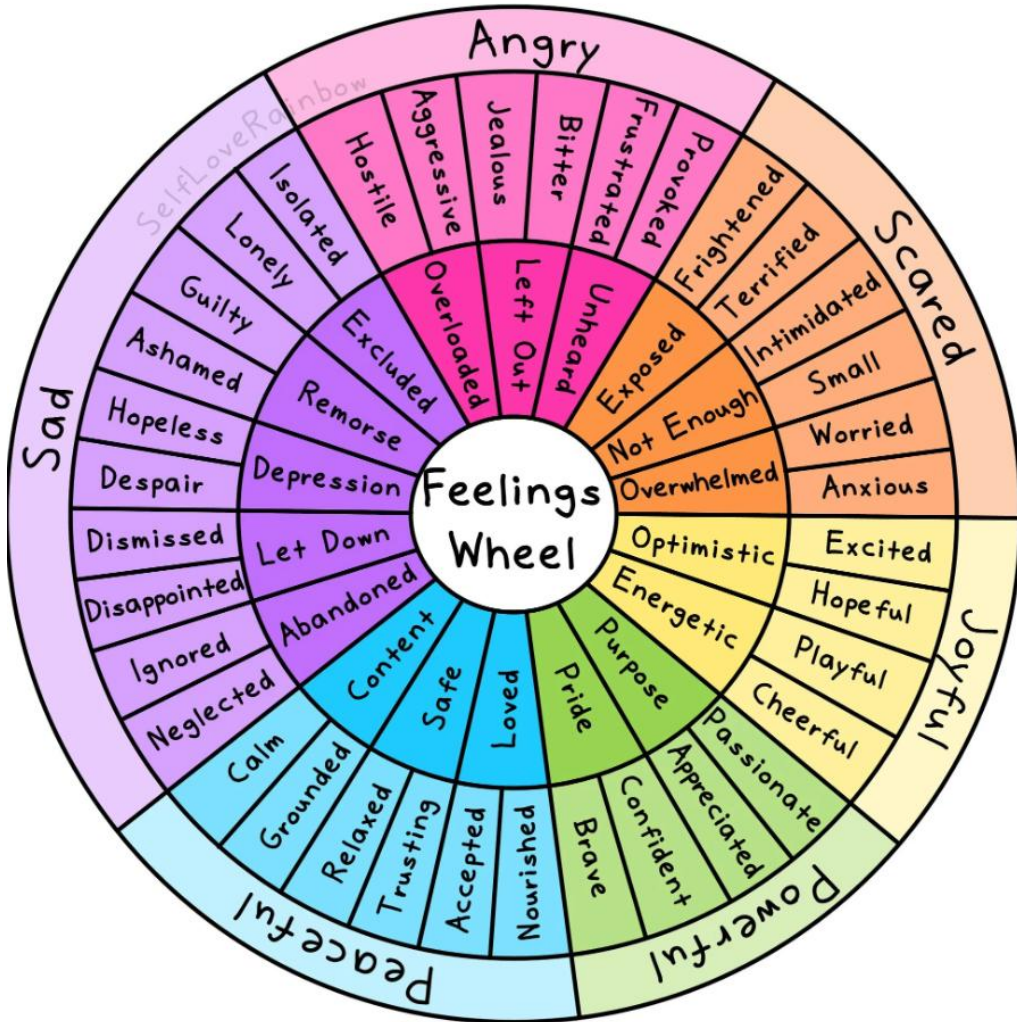
The Wheel of Emotion

The wheel of emotions can help to identify which emotions are being experienced.

Activity:

There are copies of 'Feelings Wheels' on your table to explore and think about how you might use this to support your child.

Labelling emotions, identifying them and recognizing them can reduce confusion, and uncertainty. This can be empowering and helps us accept emotions.



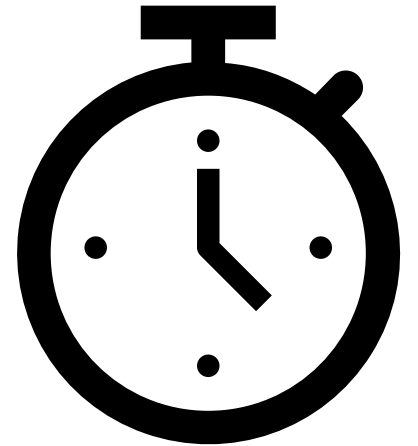
Time to Process

What difference can 6 seconds make?

- 6 Seconds gives people the chance to think. Parents/carers/children and young people tell us they need time to think.
- Typically, we wait less than 1.5 seconds for a child/young person response when asking a question.
- Difficulties in holding silence, take a sip of water, arrange your papers, smile, state that you are trying to build in some thinking time

Why not try it with your child or another adult; even if you manage 3 seconds, allowing time for others to formulate a response or ask a question to help them clarify what is being discussed. Leading to better understanding and trusted relationships.

00:06



Partnership working between parents and school

You are the expert on your child and know their strengths, what triggers and regulates them, signs that they are becoming dysregulated, what motivates them and what has happened at home.

School have the knowledge and experience of the school environment and know what support can be provided and what has happened at school.

Open and honest communication between the two is key for meeting a child's needs!

Ask the teacher/SENCO how best to communicate with school eg in person, email, Dojo, phone call.

How does SEND support work in your school?

Over to the school...

- What can you provide under the Other Alternative Provision (OAP)?
- What is the SEND register and who goes on it?
- What is an APDR cycle?
- What is an EHCP? Who can get one and how?
- What should a parent do if they have concerns about their child?
- What else might you like to tell parents?

Artificial Intelligence and Social Stories

- Social stories can be a powerful way to support children and young people in understanding routines, changes, or new experiences. Did you know that AI can help you design social stories quickly and effectively? With AI, parent carers, teachers, and support staff can:
 - **Draft personalised stories** tailored to a child's needs and interests.
 - **Generate visual prompts or simple text** that makes the story engaging and easy to understand.
 - **Adjust language and length** to match the child's comprehension level.
 - **Create multiple versions** for different settings, from home to school or social situations.
- AI can save time and give you fresh ideas, but it's always important to **review and personalise** the content to ensure it reflects the child's world, preferences, and sensory needs.
- 💡 **Tip:** Start with a clear outline of the situation or routine, then let AI help fill in the story in simple, supportive language. You can add visuals, emojis, or pictures to make it even more engaging.
- Social stories designed with care can help children feel safe, understood, and prepared for life's everyday moments.
- Remember, to be careful what details you put on the internet about your child



Thoughts to take away

They grow up SO fast . . . enjoy today!
Celebrate what makes your child THEM. Don't compare them to others. Take time to laugh, have fun, play, be quiet, be silly and discover the world through your child's eyes.

Supporting Your Neurodiverse Child

Written for parents,
by parents

pinpoint
for parents by parents

 Cambridgeshire & Peterborough
Integrated Care System

NHS

 Cambridgeshire
County Council



[Neurodiversity Book - Pinpoint \(pinpoint-cambs.org.uk\)](https://pinpoint-cambs.org.uk)



See our upcoming events...

- [Events - Pinpoint \(pinpoint-cambs.org.uk\)](https://pinpoint-cambs.org.uk)

SCAN ME TO BOOK A FREE TICKET

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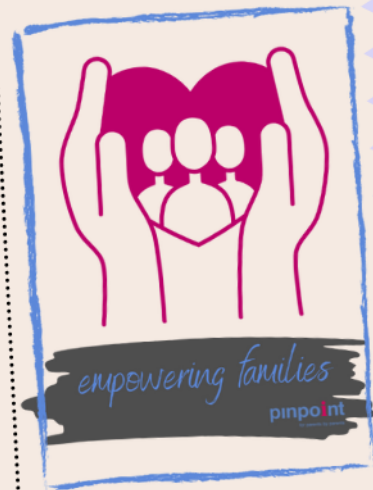
book here ↗



FREE ADMISSION
2026
Conference

Pinpoint Cambridgeshire's Annual Conference - a day packed with expert speakers, practical workshops and useful resources *empowering families* and supporting parent carers across the county.

10 MARCH 2026, 9:30AM TO 2:15PM



or here ↘

@pinpoint-cambs
www.pinpoint-cambs.org.uk/events



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Thank you