

Case Study 2

Empowering and Supporting Families of Children with SEND



When our 'It's Your Child's Life' six-week programme is offered in schools, all parents are invited. Many of the parents we work with have children with special educational needs or disabilities (SEND). These parents face unique challenges and require specialised support to navigate these challenges effectively. This case study examines the positive outcomes of our course which is designed to help parents of children with SEND to support learning at home, how it benefits all family members, enhances parental skills and fosters a supportive community.

The 'It's Your Child's Life' programme aims to provide parents with valuable knowledge, skills, strategies and emotional support needed to help children with SEND thrive, both inside and outside of the classroom. In each session parents are shown areas of learning that their children will be developing in school and given practical tools to support their children. At the same time, the course provides the opportunity for parents to nurture their own mental health and wellbeing, grow their confidence and develop the skills to engage constructively with school staff, health care professionals and support agencies.

These are some of the key benefits and outcomes of attending the course - Parents felt they had an improved understanding of SEND conditions including their children's specific educational needs, their strengths and areas where they need more support. Parents reported that they were more confident in accessing appropriate services for their children. Parents told us that the warm environment created by course leaders provided a safe space for parents to share their experiences, concerns and frustrations. This emotional support network helped participants build resilience, reduce stress and connect with families experiencing similar challenges. These relationships extended beyond the duration of the course, with parents continuing to meet in their own time and share experiences and support for each other.

Many parents reported that participating in the course strengthened their bonds with their children. They learned new ways to connect with and support their child's development, fostering a more positive and nurturing home environment. This impact the 'It's Your Child's Life' programme has had on families raising children with SEND is clear. By providing education, emotional support and a sense of community, our programme equips parents to advocate effectively for their children, reduce stress and create positive and nurturing environments. Children receive more tailored support and thrive as a result of their parents' increased knowledge and empowerment. This case study highlights the importance of this programme in enhancing the well-being and outcomes for families of children with SEND.