**Helpful Sites For Parents**

\***ParentingNI** website provides a daily behaviour tip for parents called” School at home top tips”. We recommend this as it is informative, yet not overwhelming for parents.

\***Primary Behaviour Support** have produced a newsletter named High 5, please follow the link attached. <https://www.eani.org.uk/publications/school-document/primary-behaviour-support-provisions-newsletter-high-five>

\***Education Authority**Website ([eani.org.uk](http://eani.org.uk/) under pupil support services, and the title social, behavioural, emotional and wellbeing) contains resources to support children under the heading of Resources, including calming thermometers, controlled breathing exercises and 5 little ducks emotions. Please follow the link attached to browse their contributions.

\***Middletown Centre for Autism** also have informative videos on their website [middletownautism.org](http://middletownautism.org/), such as emotional regulation and use of the countdown strip.