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Berkshire Healthcare
NHS Foundation Trust

Specialist Children's Practitioner

East Berkshire



Information for patients

Introduction

The Specialist Children's Practitioner works with families whose children have complex neuro-disability and/or neurodiversity needs. This includes children in the care of Community Paediatrics, Community Children's Nursing (CCN) or the Specialist School Nursing (SSN) teams in East Berkshire (Slough, Bracknell Forest and the Royal Borough of Windsor and Maidenhead).

One of the main areas of support the Specialist Children's Practitioner can provide is for children awaiting an autism assessment.

The wait for an autism assessment can often feel like a very long journey. Part of the Specialist Children's Practitioner's role is to support families along this journey. The support can involve telephone calls, clinic appointments or home visits, depending on the needs of the child.

There is an overview of the type of support that can be offered below.

Overview of support

- One to one support for parents and carers of children awaiting an assessment for autism under 5 years old in East Berkshire.
- Post autism diagnosis support which includes a telephone appointment six weeks after the autism assessment.
- Advice around behaviour, fussy eating, toileting and sleep.
- Signposting to local parent groups and workshops.
- Supporting families to understand the child's needs and resources to help individual circumstances.

Resources

Parent workshops:

<https://parentingspecialchildren.co.uk/parents-carers/>



Sleep advice service:

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/>



Fussy eating:

<https://cypf.berkshirehealthcare.nhs.uk/fussy-eating>



Specific behaviour guidance:

<https://www.challengingbehaviour.org.uk/understanding-challenging-behaviour/specific-behaviours/>

