

## **Part-time Sennie (SEN Nanny) for G4 and B7**

*\*Temporary cover also needed on 24th August 2021 - please contact SENNIES for further information\**

**Location:** Hampton, TW12

**Wage / Salary:** Live in £14 per hour gross / Live out £15 per hour gross - £280 - £300 per week  
(approximate salaries based on a minimum of 20 hours per week)

**Live in /out :** Either, though a **live - out Sennie** is preferred

**Accommodation:** A light airy double bedroom in a detached house could be provided with its own bathroom for the right candidate.

**Driver: Essential for this role, ideally with own car they are happy to use for work**

### **Essential Skills/Traits:**

- Paediatric first aid / OR willing to obtain their pediatric first aid certificate before commencing the role
- Clean driving license and a confident driver
- Prior experience working with Autistic children / Sensory Processing Difficulties
- Demonstrable experience supporting a child or children with anxiety
- Knowledge of how to support demand avoidance behaviours
- Physically fit, active and strong
- Calm and highly adaptable
- Highly alert and safety conscious
- Warm and loving personality
- Non Smoker

### **Desirable Skills/Traits:**

- Demonstrable experience redirecting potential triggers/meltdowns with humour and play
- Some understanding or an interest in child Psychology particularly related to SEN
- Quirky sense of humour and creative thinker
- Very good spoken and written English
- Experience implementing exercises from a Speech and Language therapist, Occupational therapist and/or Music therapist
- Ideally living no more than 50 minutes away with a working knowledge of the local area

**Start date:** Ideally August 21st/22nd to begin officially with a full day and evening of cover on the 24th August

**Days and Hours: Approximately 20 hours per week**

***The family can offer some flexibility with the days and hours on offer, with their ideal days and hours as follows:***

- *Monday, Wednesday and Thursday: 11am - 4pm*
- *Tuesdays: 6pm - 11 pm*
- *Alternating Saturdays: 10am - 3pm OR 6pm - 11pm*

***The family will also require further help during school holidays which will be paid as overtime.***

**Pets:** 1 Cat

**About the family:** SENNIES are looking for a warm, loving and patient Sennie to support a busy family in Hampton (Near Twickenham). They have 2 children, G4 and B7. Both children are Autistic and as such have sensory processing needs. **The role will mainly be caring for G4 and we hope to then find a second Sennie to support B7 on a 1:1 basis however it is important we find a Sennie who is confident and comfortable caring for both children when required.**

A Sennie with prior experience in caring for Autistic children/siblings is highly desirable as mum and dad have struggled to feel confident and comfortable leaving previous nannies to care for the children sole charge, based on their lack of experience working with additional needs. They hope to find a Sennie they really trust that has their children's best interests at heart so that they can provide sole-charge care and be the excellent Sennie they need.

**About G4 :** G4 is a very lively 3.8 year old who is about to transfer to a specialist nursery following her autism diagnosis. She also has traits of ADHD. She loves climbing trees, playing with her small animal toys, messy / water play, singing songs and small world play. She loves bubbles, tickles, singing songs and can be very engaged in these games but if left will also happily play in solitude. G4 adores the water and goes swimming at the local open air pool so the sennie will be required to support her in the water.

She has little body/spatial awareness but great gross motor skills so she needs to be watched very closely during play as she may be prone to injury or putting herself in a dangerous situation without realising. She needs lots of encouragement to interact with others in reciprocal play and facilitating this will be a key part of the Sennie's work with G4. G4 can become very frustrated when she is unable to find the right words to express herself and so requires a patient and calm approach, with someone who can help provide these tools for her, currently she uses echolalia and small bits of language to communicate, or pulls the adult to what she wants by hand to show them.

G4 needs help with self-regulation, as most recently she has been biting her own hand when upset to provide herself with sensory feedback, the family would like the Sennies support with finding a safer, positive alternative to this tactic so that she can still self soothe but in a less dangerous way. G4 can become very easily frustrated and so must be given activities which gently challenge but do not overwhelm her. She can also put either unpalatable things or dangerous things in her mouth and so the Sennie must be vigilant with these and remain extremely aware of potential dangers in the household and outside environment, with very quick reflexes in case they need to act in an instant to prevent an accident or potential injury. It is important the sennie is organized and tidy so that they always know that the environment is ordered with no hidden dangers that G4 can access.

It is vital that the Sennie has prior experience with managing distressed behaviours as G4 struggles with her impulse control and can be triggered easily, especially if she has not been given enough processing time. Most common triggers occur in toy shops or around food whereby she cannot understand why she can't have 10 stuffed bunnies or 10 chocolate biscuits for example, which will lead to extreme dysregulation which is important for the Sennie to understand and respond to or prevent appropriately.

She is a poor sleeper so sometimes naps during the day which is allowed and not viewed negatively by the family.

G4 loves her grandmother but it is hard for grandmother to manage G4 in her home, so it would be lovely if the Sennie was able to take G4 to her grandparents for visits.

When comfortable with a new person G4 is a joyous, playful child who can develop a strong bond. The Sennie needs to be sensitive in understanding that mum wants to interact with G4 but is very tired from managing both children alone. The Sennie must be prepared to take G4 for outings locally and be proactive in coming up with ideas around this. G4 needs particular help to understand road safety and danger around water and so the Sennie must take extra care in these situations and use a harness when out and about near roads and water. G4 is often in her buggy and parents would like her to walk more but this must be handled very carefully as she has a tendency to either run off, become tired and dysregulated or easily distracted which is why it is important that the Sennie is physically capable of being able to keep up with a very active and unpredictable child.

Her key areas for development and support are:

- Potty training / Toileting support
- Liaising with her nursery to continue her development and learning at home
- Helping G4 build upon her tools to self regulate and express her emotions in a healthy way
- Help to build upon her social communication skills
- Teaching through play and encouraging age appropriate independence
- Help alleviate anxiety and record any new or notable behaviours to pass on to the family
- Preparing meals for and supporting mealtimes
- Implementing visual aids, timetables and social stories to help with G4's social, emotional and cognitive development
- Tidying up after and keeping G4 clean and safe

**About B7:** B7 is an intelligent, inquisitive and talkative little boy who loves outings, walking around the local area, choosing different routes and learning local geography. As well as being autistic B7 also has pathological demand avoidance behaviours and so the family requires a Sennie who can implement clear, consistent boundaries but with a positive and caring approach. He is sadly having a hard time at school at the moment, and so the family are hoping to find a new setting for him that is better suited to him. He spends lots of time alone at school and so the Sennie should be able to create fun and meaningful interactions with him, to help with his self esteem and general mood. He is autistic but loves being around people but needs lots of help in understanding reciprocal interaction and communication as he tends to come across as though he is trying to dominate social situations which is largely rooted in his anxieties, meaning he can come across as controlling and display demand avoidant behavior.

B7 must always be given choices and requests must be made in a low demand way. Praise and sanctions to be used carefully as these can exacerbate his demand avoidant behavior. The Sennie needs to be able to take the time to understand B7 and the way his family handle and support his needs.

Sometimes B7 can try to detract attention away from G4 which can cause a lot of stress and upset so a Sennie who can be a real companion and support to B7 to lessen his anxieties will hopefully mean these behaviours subside. B7 lacks direction and is yet to find his preferred activities that he can enjoy for any long period of time independently, so the Sennie should be able to gently guide and implement ideas for this and structure for B7 to help lead him away from repetitive or obsessive behaviours that can lead him to become dysregulated.

He loves getting out to local nature spots and exploring and can be very regulated during this time but these outings need to be on his terms and instigated/chosen by B7. He enjoys cooking, crafts, getting out

and about to shops and cafes and parks but requires support to stay safe and act appropriately. He lacks social awareness and isn't always sure of who it is appropriate to interact with so needs a keen eye as he can be unpredictable. That being said, it is really important that the Sennie can learn about B7 and intuit when giving him a little space is safe and helpful.

The ideal Sennie for B7 would have an unusual sense of humor and sense of the ridiculous who is also capable of keeping a calm and patient approach, with the ability to gently encourage boundaries and appropriate interactions.

B7 can lash out if he becomes very dysregulated and so the Sennie selected must be capable and comfortable with handling these moments of distress. B7 has great character and humour and huge potential and we believe the right Sennie could have a very positive impact upon him. Someone with a knowledge of the pathological demand avoidance would also be highly valued, as would a willingness to research this and implement appropriate strategies.

B7 and G4 are very close but can get frustrated with each other. B7 does not understand how he might hurt G4 so close supervision is needed if they are in the bath together for example. The Sennie should encourage their learning through their relationship with each other e.g. sharing, taking turns, helping one another etc.

**His key areas for development and support are:**

- Help alleviate anxiety and record any new or notable behaviors to pass on to the family
- Support at meal times
- Reduction of any harmful sensory seeking behaviors
- Increasing B7's safety awareness in areas such as road safety
- Helping B7 build upon his tools to self-regulate and express his emotions in a healthy way
- Helping B7 with his conversational and social skills, allowing him to talk about his preferred interests but encouraging mutual participation
- Aiding with transitions as B7 struggles to process change
- Teaching through play and encouraging age appropriate independence

Whilst the role will mostly be caring for G4 throughout the day, the chosen Sennie must be able to work with both children on a sole charge basis and provide tailored support and care for each child.

**About the role:** We are looking for a quirky, vibrant Sennie who can support the whole family in providing the best care for their children. At present the children's needs can be conflicting at times and G4 doesn't always understand the concept of giving B7 space when needed, which means it is harder for the parents to give them each the one to one attention they would like to. The parents are super supportive to both of their children's needs and know it is important to choose their battles with B7 carefully and never intentionally want to put the children in a situation where they could become anxious or distressed. A Sennie who shares the same ethos and sensibility around providing important 1 on 1 time for each child and helping them to understand themselves and one another better is key.

Primary care will be for G4 as B7 will be at school for most of the hours required. However, it is important you are capable of caring for both children as and when needed on a sole charge basis

Main duties include:

- Tidying up after yourself and the children when they are in your care
- Light house work related to the children
- Liaising with the family to ensure that all Speech and Language, Occupational and Music therapy exercises being continued effectively at home when the children are in your care
- Taking B7 to activities and for exercise breaks as and when needed
- Engaging the children in their preferred activities
- Creating a clear and consistent schedule for your time with the children
- Implementing firm boundaries around behaviors and completing tasks
- Taking children on outings and trips on Saturdays
- Preparing/Cooking meals for the children
- Preparing the children for their bedtime routine - bath time included
- Aiding both children in their key areas of development and coming up with strategies and ideas to do so
- Nappy changing and support with toilet training at home for G4 Supporting B7 to carry out self care in the toilet and wash hands.
- Liaising closely with the parents, keeping open communication, but also respecting the families privacy

The Sennie selected will be able to follow and support therapies and interventions determined by the family (in conjunction with the Sennie) and professionals. A genuine passion for working with children and special educational needs is a must.