

Sennie (SEN NANNY) for G9 and B5

Additional needs present: Autism, Pathological Demand Avoidance (PDA & ADHD)	Location: Sidcup, DA15	Wage / Salary: £18 - £20 per hour gross	Driver: Non-Essential
Live in/out: Live out	Pets: 1 Small & friendly dog	Days & Hours: Monday and Wednesday - 18 hours per week 7.30am - 4.30pm	Start Date: ASAP

Essential Skills/Traits: <ul style="list-style-type: none"> • Previous experience as a sole charge Nanny or Sennie • A great understanding of Autism and/or ADHD • A great understanding of PDA and willing to expand upon your current skills and knowledge throughout the role • Proactive and resilient • Engaging, flexible and confident in your childcare approach • Confident swimmer 	Desirable Skills/Traits: <ul style="list-style-type: none"> • Interested in anime and/or gaming • Confident swimmer
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About the role/family: **SENNIES** is excited to support a loving family of 4 find a part-time Sennie for 2 full days per week. They are looking for someone who can quickly build trust and rapport with G9 as her additional needs cause her high anxiety. G9 does not currently attend school as her new class teacher did not understand her differences and therefore does not feel comfortable providing the support that G9 needs, deserves and is entitled to. The lack of adjustment being made meant G9's anxiety triggered school avoidance. This was a real shame as G9 thrived the year before, when supported by a class teacher who was confident in her ability to support each child as an individual. At this stage, we are not sure when or if she will return to mainstream schooling, as the family are the appropriate steps to work out a long term plan to support G9 in achieving an education that works for her physical and mental health. The ideal Sennie will be able to greet G9's ideas with enthusiasm and help her to build upon her confidence and resilience by being a positive and consistent role model in her life. The selected Sennie must be comfortable being led by G9 due to her PDA profile and still feel confident in their ability to ensure B5 is not overlooked.

About G9: G9 is a bright, creative and energetic girl who loves anime, gaming, swimming, reading, art and pop music! G9 has a diagnosis of Autism with a PDA profile and ADHD. Both her Autism and ADHD contribute to high anxiety levels.

G9 is a born leader, is sociable/outgoing but finds friendships difficult to navigate due to her difficulties with emotional regulation and preference for 1-1 company or small groups. She has no trouble making friends but does instead with the nuances of friendships as she can struggle with turn-taking and is often labelled as bossy because she needs to be in control and doesn't pick up on the subtle social signals. She loves having friends, but she finds it challenging to maintain friendships.

She currently attends art therapy, where she receives some educational support and is currently on the waiting list for a clinical psychologist. The family is also considering appointing an Occupational Therapist in the near future.

Whilst G9 does not currently attend school, it is integral that she is able to engage with education again at some point, even if it is not in a conventional way. For her to engage in learning again, it is key to alleviate her anxiety, reduce anger/frustration/aggression when triggered (of course removing triggers if known and possible beforehand), and understanding strategies that she can implement to support her in terms of self and co-regulation.

The key element to this role is finding a Sennie who understands PDA and how important the use of language and engagement is for a child with this diagnosis. Things that have worked well to date are keeping calm as much as possible, not making any direct demands, being nuanced with language, offering choices and subtle cues (e.g. handing her a toothbrush instead of asking).

The selected Sennie must remember they are entering G9s safe space, so this must be done with care and consideration whilst always respecting her needs.

G9's key areas for development and support are:

- Decreasing her anxiety
- Supporting strategies for Emotional regulation (including Reducing shouting/aggression)
- Embracing her conditions
- Finding zest for life/learning again
- Healthy diet/lifestyle
- Building upon her relationship with her brother

About B5: B5 is a loving, kind and gentle little boy who loves dinosaurs, cars, pirates, Paw Patrol, trains, football and swimming.

B5 is neurotypical and loves his sister very much. However, he can find it challenging to manage their relationship, as they have different care needs, and he struggles to understand some of her choices.

B5 is very attached to his close family, but we hope a Sennie can support him in building upon his independence and confidence.

B5's key areas for development and support are:

- Understanding his sister better and her triggers (and how to avoid triggering her where possible)
- Building upon his independence and confidence
- Supporting B5 in all areas of his development, including time for fun!

Main Duties and Responsibilities:

- Meal planning and preparation
- Planning appropriate activities and outings
- Behavioural support and management
- Organising educational activities
- Engage children in after school activities daily
- Bring forward any key areas for development
- PA duties relating to the children only
- Working alongside the school/other specialists
- Implementing strategies and/or therapies
- Engaging children in their preferred activities
- Help the children build independence

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