



Zones of Regulation Support

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Introducing Helen Riggs

The Zones of Regulation Service is delivered by Helen Riggs. Helen has over 20 years' experience as an ASD therapist and level 3, Specialist Teaching Assistant with a specialist interest in speech and language support. Over the years she has worked with children both in school and at their homes.

Early in her career she trained as a 1:1 therapist for children on the Autistic Spectrum and this is where much of her experience lies. Helen also has good experience of working with children with visual, hearing & cognitive impairment and also with Developmental Language Disorder.

Helen has a passion for helping children overcome barriers to learning and socialising. She loves to provide children and young people with the tools and confidence needed to overcome any communication and social difficulties that may be holding them back. She enjoys making a positive impact on a child's ability to feel confident in various social situations.

Helen has the perfect skill set to help families, children and young people with understanding any recent neurodiverse diagnosis and help them better understand the world around them in real life situations.

Helen has a background of working in schools using the concepts of Zones of Regulation and she has recently updated her knowledge and skills by completing the new 2024 version of the Zones of Regulation training. We are delighted that Helen is now able to offer Zones support to young people as part of her approach and work at TCT.

You can download a 'child-friendly' description of Helen [here](#).





Who can we help and how?

The 'Zones of Regulation' is a programme that can be used as part of an approach to support a young person to begin to recognise and regulate their emotions. The Zones of Regulation organises our feelings, states of alertness and energy levels into 4 different coloured zones. The simple, common language and visual structure makes the complex skill of regulation more concrete for learners and adults alike.

It is suitable for all learners from age 4 up to adults who struggle with emotional regulation but can be particularly useful to those with sensory processing challenges, individuals with ASD or ADHD diagnosis/traits and those struggling with anxiety or anger.

Where would we offer this support?

This support can be offered at school or at home. It is beneficial for the Zones of Regulation to be used consistently across both settings, as this gives the young person maximum exposure to the language and concepts and helps to create a Zones climate, where everyone around the child is confident to use the Zones language and processes of regulation.

How would support look?

Each session would concentrate on one of the Zones concepts from the new 2024 Zones of Regulation digital curriculum.

Activities would range from online tasks to written tasks and practical activities. Each concept has a range of activities to include young people at all entry levels so it can be individualised to the child's level of need and understanding. Following each session, those who support the young person would receive an information sheet explaining what was taught and how they can reinforce and implement the Zones in their setting.





Ongoing Benefits to settings and families

Helen will help to create a Zones climate across home and school and assist in embedding the concepts into the classroom. The Zones approach can then be further rolled out across the school if desired, therefore, befitting not only the child Helen works with, but potentially their class and the whole school.

Also, despite it not being behaviour management programme, a child's behaviour can become more regulated and anxiety levels can decrease as a result of a child better understanding their emotions. The Zones of Regulation offers a consistent approach across settings and can follow a young person throughout their schooling which can really help at times of transition.

Fees

- Block of 10 sessions: (60 mins each being 45 mins 1:1 with young person & 15 mins set up/prep and liaison) @ £60 per session - **£600.00 per block.**
- This will include a hard resource pack to be used at home and school.
- Travel will be charged at 45p per mile to and from clinic.



FOR FURTHER DETAILS OR TO MAKE A BOOKING

Contact Us

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