FREE BREAKFAST CLUBS DELIVERY FOR CHILDREN WITH SEND

We surveyed parents in schools delivering the early adopters programme...

49%

of parents of **children with SEND** say their child **attends the free breakfast club every weekday**

compared to

42%

of parents of children without SEND

49%

of parents of children with SEND report **reduced morning stress** due to using the free breakfast club

46%

say their child is **more settled** at the start of the school day

Both are higher than for parents of children without SEND (40% and 35%).

78%

of parents of children with SEND say the **free breakfast club supports their child's needs.**

> *We as **SEND** parents, every bit of time we can get, it's just magic. We can take every bit of 5 minutes we can get. For us it feels like **gold dust**."*
> Parent, free breakfast club user

The trolley model

For children with SEND, morning setups can involve more **equipment** and more individual information than for other pupils. A trolley makes the setup **portable** and **consistent**, one place to check, one place to restock, no matter which space the club is running in that day.

Communication and choice

Schools may already have **picture boards**, **communication devices** and other **tools** built into pupils' everyday school life - the free breakfast club just needs its own version of these for children with SEND, showing that morning's specific **food** and **activity options**.

An atmosphere that works

We spoke to parents of children with SEND, and this is what they said:

Free breakfast club is a chance to regulate, settle, and start the day already **grounded**. Design the atmosphere on purpose: smaller groups where possible, predictable **routines** kids can rely on, a **quiet** space nearby for anyone who gets overwhelmed, and staff who are **easy** to reach when a child **needs** them.

> *She's getting more **one-to-one** with other students rather than being in a big crowd. There's a lot less kids. She can socialise a little bit easier. She also has access to the **staff members** if she becomes overwhelmed and stressed. It's like a **transitional** period for her."*
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Department for Education

Ipsos

The findings and recommendations on this poster are based on research conducted by Ipsos

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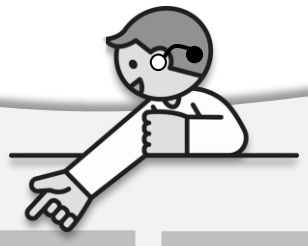

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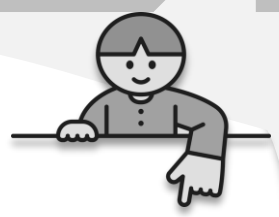

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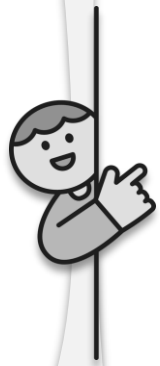

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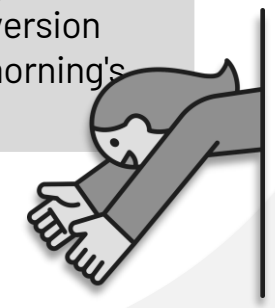

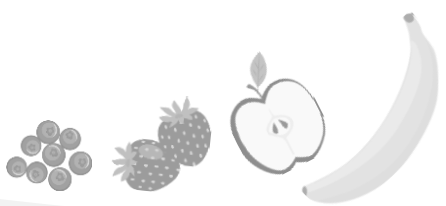

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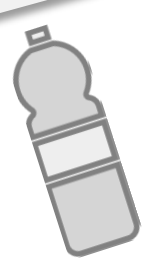

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