

# Benefits of using Dimensions to support Parents and Carers

## Advocacy

- Understanding areas of strength and areas where the child or young person may benefit from support
- Be informed and learn how to advocate better for your child or young person's needs

‘It enabled me to feel supported in relation to my child’s journey and my own personal journey.’

## Communication

- Opening a dialogue with school and agreeing what the priorities are
- Identifying the joint responsibilities and setting realistic expectations with the school
- Gives a common understand how the child or young person presents at school and at home.
- Agree next steps and what can be realistically achieved together

“The information helped me to reach out to other SEN families, for meet-ups, playdates and accessible day trips.”

## Support

- Working across school and home to understanding the difference in support needs
- Find support groups, talk through your worries and learn coping strategies.
- Meeting other parents, peer support, networking, building friendships and talking to parents further down the journey than you.



Visual Guide - [Why should parents and carers use the Dimensions of Health and Wellbeing?](#)

