

Sennie (SEN Specialist / Nanny) for G9 & G8

Wanstead, E11 | Permanent Role | Live Out (Live In Option Available) | Wraparound Care

Additional needs present:	Location:	Wage / Salary:	Driver:
G9: Autistic, PDA, Anxiety G8: None	Wanstead, London, E11	Between £22 - £25 per hour gross	Not essential
Live in/out:	Pets:	Days & Hours:	Start Date:
Live out (Live in option available — see below)	None	Sunday 6pm to 11pm. Monday Wrap around 7am to 10am and 3pm to 11pm. Tuesday 7am to 10am. Every other Friday 3pm to 6pm.	27 September 2026

Essential Skills/Traits:

- 2+ years of SEN childcare experience, with a strong understanding of Autism, PDA and anxiety
- Confident and experienced with a low demand approach — essential for this role. Not 'no demand' but thoughtfully low demand, with predictable boundaries
- Experience supporting children with PDA profiles — knowledge of how demand avoidance presents and how to navigate it calmly
- Patient, warm and emotionally attuned — able to build trust gradually on a child's own terms
- Confident supporting school morning routines for children who find leaving the house and transitions challenging
- Able to give consistent, focused one-to-one attention to two children with very different needs simultaneously
- Understanding of anxiety in children and experience supporting obsessive or avoidant behaviours gently and without escalation
- Confident supporting personal hygiene routines in a non-pressured, relationship-led way
- Experience supporting children with sensory sensitivities around food, texture and eating
- Reliable, committed and looking for a genuine long-term role

Live In Option: A spare room on the top floor of the family's five-bedroom home in Wanstead is available for the right candidate. Please indicate your preference when applying.

About the Role & Family

SENNIES is delighted to support a warm and dedicated single father based in Wanstead, East London, in finding a long-term Sennie for his two daughters — G9 and G8. This is a permanent, live-out role (with a live-in option available) covering wraparound care from Sunday evening through to Tuesday morning, plus alternate Friday afternoons.

Dad will be present in the home during the Sennie's working hours and is very much a hands-on and engaged parent. He is looking for additional support so that both girls have consistent, focused one-to-one attention — particularly during the mornings, which can be the most challenging part of the day for G9, and in the evenings when she needs time to decompress and regulate. The school is under a 10-minute walk from the home.

The family are currently going through the EHCP process for G9. Dad takes a thoughtful and holistic approach to supporting both daughters — his priority is ensuring that each girl has enough individual attention, and that the home environment is calm, predictable and supportive for G9 whilst remaining joyful and active for G8. The Sennie will be a key part of the team around both girls, and there may be scope for additional hours at weekends and during school holidays for the right candidate.

About the Children

G9 is a highly intelligent, articulate and hugely affectionate young person who loves computer games, reading, crafting and stories. She thrives with one-to-one attention and is wonderful company when she feels safe and regulated. She can be deeply creative and curious, and responds beautifully to a trusted adult who takes the time to meet her in her world.

G9 is Autistic with a PDA profile and significant anxiety. Demand avoidance can present in a range of ways — including difficulty getting out of the house, managing the school morning routine, and navigating transitions. She craves predictability and responds best to a low (not no) demand approach with clear, consistent and calm boundaries. Her anxiety can also present through obsessive behaviours — particularly around hand washing — and she needs gentle, patient support around personal hygiene and eating, including sensory sensitivities around food texture. The family are pursuing a holistic assessment for any co-occurring conditions.

When dysregulated, G9's distress can occasionally be directed towards her younger sister, which G8 navigates with remarkable maturity. Ensuring both girls feel equally seen and supported is an important part of this role.

Sensory & Safety Checklist — *The family have identified that G9:*

- | | |
|---|--|
| • Resists changes to familiar routines | • Dislikes certain foods and drinks |
| • Finds crowded areas very difficult | • Dislikes certain everyday smells |
| • Does not like shaking hands or being hugged | • Likes to have food presented in a certain way on the plate |
| • Likes a hug if chosen to do this | • Dislikes crunchy or chewy food |
| • Dislikes the feel of certain fabrics and substances | • Does not seem to know where body is in space |
| • Seems unaware of pain and temperature | |

G8 is a happy, adventurous and warm-hearted little girl who loves reading, crafting and physical play. She enjoys imaginative play and one-to-one time as much as playing with her sister. She attends the same local school as G9. G8 has no additional needs, but benefits from emotional support in navigating her sister's more difficult moments — she is resilient and good-natured, and deserves consistent warmth and fun of her own.

Main Duties & Responsibilities

- Sunday evening: support both girls through their evening routine, providing calm and predictable one-to-one attention ahead of the school week, alongside Dad
- Monday morning: support G8 and G9 with the school morning routine alongside Dad — getting up, dressed, eating breakfast and leaving for school on time, using a low demand, relationship-led approach
- Monday morning: school walk with one of the girls (with Dad) (under 10 minutes from home)
- Monday afternoon/evening: school collection (typically with Dad), after-school decompression and regulation support for G9, assisting with schoolwork, one-to-one time with G8, preparing dinner for both girls, evening routine for both girls alongside Dad
- Tuesday morning: support G9 and G8 with morning routine and school drop-off alongside Dad
- Alternate Fridays: after-school collection and afternoon care for both girls alongside Dad
- Provide consistent, calm, low demand support for G9 across all interactions — presenting choices, avoiding direct demands and maintaining predictable, bounded routines
- Support G9 gently with personal hygiene routines and food/eating, without pressure
- Engage G8 in imaginative play, crafts, reading and physical activities — ensuring she has focused, joyful one-to-one time
- Liaise with Dad daily, sharing observations and updates about both girls
- Work collaboratively as part of the wider team around G9 as assessments and support plans develop

Who This Role Would Suit

- An experienced Sennie with genuine, confident knowledge of Autism, PDA and anxiety in children — ideally with previous experience supporting a child with a PDA profile
- Someone warm, patient and deeply attuned — able to build trust slowly with a child who needs to feel completely safe before letting people in
- An individual who instinctively understands low demand approaches and can hold calm, consistent boundaries without confrontation

- Someone who can hold two very different children in mind simultaneously — meeting G9's need for regulation and predictability while bringing fun and energy to G9 and G8
- A person looking for a genuine long-term commitment — reliability and consistency are at the heart of what this family needs
- A live-in arrangement is available if preferred, and potentially additional hours at weekends and in school holidays

Lead Recruiter: Anita — Anita@sennies.co.uk

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REF: 0368

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