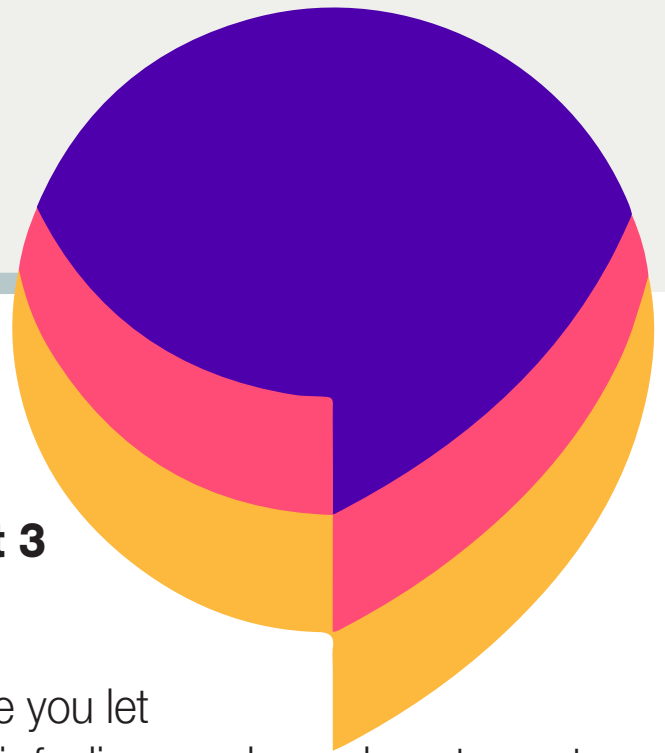


Sunday evening plan



Soothe – do some calming activities and make the last things at night soothing – gentle music, story for younger ones, soft lighting, **talk about 3 good things before bed.**

Understand – make sure you let them know that you do understand their feelings and you do not negate or dismiss them - you understand how hard it is but it will get better in time! **Develop your script for this if appropriate.**

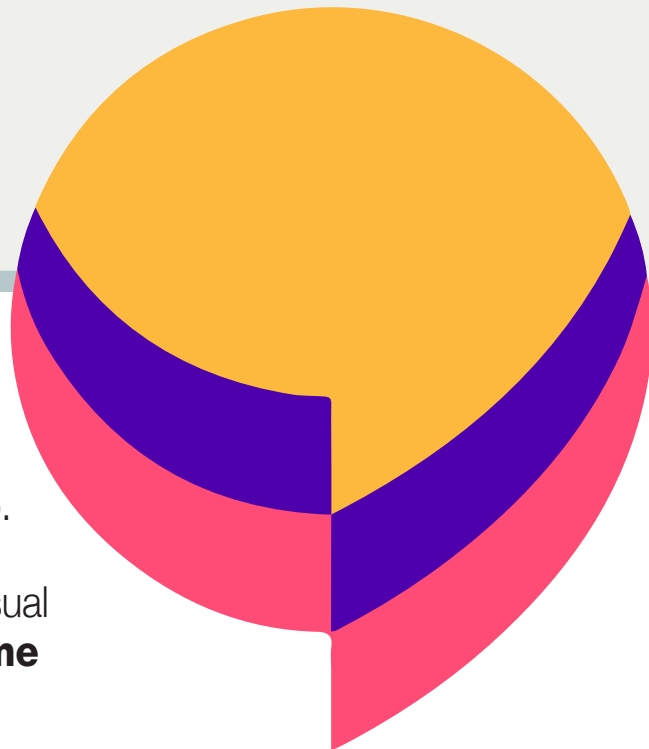
Neutralise – record any worries in a worry book and then talk through each one helping the child to see a solution/where they are catastrophising and **show them the evidence against any irrational thoughts/thinking patterns.**

Decide – on a plan of action and go through it step by step – this is what we will do tomorrow. Work out the schedule and ensure that everything is ready – book, bag, PE kit *etc* and laid out for the next morning. **Make the plan visual if needed.**

Attend – be vigilant to the child's emotional state and give more time if they need it so that they feel nurtured and safe. **Give reassurance and a transitional object for younger children.**

Yourself – look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and take time out after the bedtime routine for you to build up your own resources and **remember that it is ok to feel worried but don't let it overwhelm you.**

Monday morning plan



Manage – manage yourself **FIRST!** This is not selfish. This is not selfish. You cannot support a child or young person who is unregulated and stressed if you are too. Take time to sort your own needs and then manage your emotional state by using your usual stress management tools e.g. **grounding/time alone/Mindfulness etc.**

Organise – get everything ready (*by getting up earlier*) so the bags are in the hallway, the breakfast is set up and you own things for work/whatever you need are all organised. **This means that you can attend to the child and do so in a regulated manner.**

Neutralise – spend some time with your child talking through any worries and again **helping them to see a solution/where they are catastrophising** and show them the evidence against any **irrational thoughts/thinking patterns.**

Decide – this is the plan – make it clear to them that you have a plan to get to school, how you will get here, what music you might listen to **in the car/stories you might tell to each other on the bus/as you walk/who else might be with you etc** so that it all becomes clear and they feel prepared for each step.

Accept – accept the child's emotional state and give them reassurance that you love and care for them so that they feel nurtured and safe. Give reassurance and a transitional object for younger children. **It is okay to feel anxious, but we all need to manage it and I will help you. I am with you and will stay with you while you need me.**

Yourself – again look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and remember that it is ok to feel worried but don't let it overwhelm you. **keep using the script – if I stay calm, I will make him/her feel safe.**

FIND YOUR CALM PLAN

Focus on what you **can** control to *reduce* your anxiety

Identify **3 positives** at the end of each day and *revisit* them at the start of the next day

Neutralise those **negative thoughts** by **reframing** them into more effective ones and remember **a thought is not necessarily true**

Develop a **self-care plan** and stick to it! Write it down and follow it each day and remember **self-care is not selfish** and *you cannot pour from an empty vessel*

Yourself first - Attend to your own needs for calm so that you can share it with your child and remember **you cannot regulate others if you are unregulated**

Observe your breathing and take **deep breaths** when it becomes shallow or **tight** and **Put your hand on your heart and just PAUSE**

Understand that it is **normal** to feel anxious when we are in uncertain times and try to *remain hopeful* knowing that **this too shall pass**

Regulate **regularly** and use Grounding, Best breathing, Mindfulness and exercise to soothe your nervous system – ***practice really does make it better!***

CO-regulate with your child and **show them how you do it – MIRROR ME** - copy my breathing - *‘Let’s visualise together, lets draw out the worries or dance/jog them out together!’*

Acept yourself in the moment and have some **self-compassion** – *you cannot always get it right* and it’s okay to take some **time out to vent**

Look and learn from what happens and the mistakes you and others make and be **solution focused** identifying what **DID** work well or better and problem solving instead of being problem focused

Moderate and manage your **self-care plan** and *adapt and be flexible* in the moment knowing that **finding your calm daily** will only benefit you and yours!

SHARE YOUR CALM PLAN

Share and focus on the things your child **can** control – hand washing, keeping the rules around safety, not catastrophising but **celebrating** being safely with friends and learning again!

Help them to identify **3 positives** at the end of each day and make up a **good news book** and revisit it at the start of the next day

Acknowledge and do not dismiss their worries or concerns – listen and be there for them – ‘I am here for you and I am going to make sure we are safe together’ and support them to reframe those **negative thoughts** and remember **a thought is not necessarily true**

Regulate together and show them how to use key tools from Mindfulness, Grounding, Deep breathing and Visualisation – *let’s do it together now!*

Exercise regularly and help them to see the benefits of those **feel good chemicals** on their nervous system

Yourself first – take the time you need to **find your calm** so you can share it effectively and *let your child know that you need to do this too!*

Observe your child’s breathing and prompt them to take **deep breaths** when it becomes shallow or tight – **use 5 finger breathing**

Understand that it is **normal** for us all to feel anxious and **normalise this for them** reinforcing that *things will get better and we must not lose hope*

Regulate regularly at key points in the day – before and after school and during lessons/breaks etc and help them to keep a **self-regulation diary/log** – see what works best and use it again!

Comfort your child when they need it – cuddles and kind words always help

Accept your child in the moment and encourage them to have some **self-compassion** – give the message *it’s ok to be scared or angry and to vent but not ok to bottle it all up*

Look for the positives and identify what **DID** work well or better every day and *keep a list to remind them that happy moments stay with us and can be revisited*

Manage and develop their well being plan and support them to engage in happy relaxing activities on a daily basis – **factor in the fun** whilst regulating the nervous system!