

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.**