

Parent Support

TOP TIPS

Morning Support plan for parents EBSA

Manage

Manage yourself first. This is not selfish. You cannot support your child who is unregulated and stressed if you are too. Take time to sort out your own needs and then manage your emotional wellbeing by using your own coping strategies such as: Meditation, breathing techniques, Calm APP, mindfulness, time alone.

Organise

Get everything ready so the bags are in the hall ready to go, breakfast is as set up as it can be, get your own work things out/whatever you need to be organised for your day. This means you can attend to your child in a calm and regulated manner.

Neutralise

Spend some time with your child talking through any worries and helping them see a solution where they are catastrophising and show them the evidence against any irrational thoughts or thinking patterns.

Decide

This is the plan. Make it clear to your child the plan to get to school, how you will get there, what music you will listen to in the car, what is already packed for the journey to school. It may be that you talk about the bus route or walking route if the child/young person is getting the bus or walking. Try to make sure they feel aware, clear and 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. It may be good to have an object of transference for a younger child. Talk to your child about the fact it is okay to feel anxious and we all need help to manage it, but you are here to help.

Yourself

Look after yourself again and make sure you are regulated and calm.