

Parent Support Top Tips



Morning Support Plan for Parents of EBSA Children

01

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, and time alone.

02

Get everything ready so the bags are by the door and ready to go, breakfast is as prepared as it can be, and your own things for the day are set up and organised. This means you can attend to your needs in a calm and regulated manner.

03

Get 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.

04

Decide on a plan. Make it clear to your child how you will get to school, the music you'll listen to in the car, what's already packed for the journey. Talk about the bus route or the route you will walk. Try to make sure the feel aware, clear, and prepared for each step.

05

Accept your child's emotional state and give them reassurance that you love and care for them so they feel nurtured and safe. For younger children, have an object of transference. Talk to your child about how it's okay to feel anxious, how everyone needs help to manage it, and that you are here to help.

06

Look after yourself. You're in the best position to help your child when you are regulated and calm.