

# Monday Morning Plan

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## Manage

Manage yourself FIRST! This is not selfish. You cannot support a child or young person who is unregulated 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)

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## Organise

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

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## Neutralise

Spend some time with your child talking through any worries and again helping them to see a solution to situations in which they may be catastrophising; show them the evidence against any irrational or negative thoughts and thought patterns they may be experiencing.

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## Decide

'this is the plan': making it clear to you child that you have a plan to get to school, how you will get there, 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, and so on, so that it all becomes clear and they feel prepared for each step.

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## Attend

Accept your child's emotional state and give them reassurance that you love and care for them, so that accept they feel nurtured and safe. Give reassurance and a transitional object for younger children. Say things like: '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.'

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## Yourself

Again, look after yourself and make sure that you are regulated and feel calm. Engage in some relaxation and yourself remember that it is okay to feel worried, but don't let it overwhelm you. Keep using the script: 'If I stay calm, I will make.... [Childs name] feel safe'

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