

## Sunday Evening Plan

### Soothe

Do some calming activities and make the last thing at night soothing: gentle music, a story for younger ones, soft lighting, talk about three good things before bed.

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### Understand

Make sure you let your child know that you do understand their feelings and that you do not negate or dismiss them. You understand how hard it is but are sure that it will get better in time! Develop your script for this, if appropriate.

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### Neutralise

Record any worries in a worry book and then talk through each one, helping your child to see a solution to situations in which they might be catastrophising. Show them the evidence against any irrational or negative thoughts and thought patterns.

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### Decide

On a plan of action and go through it step by step, for example: 'This is what we will do tomorrow...' and so on. 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.

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### Attend

Be very aware of your 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.

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### Yourself

Look after yourself and make sure that you are regulated and feel calm too. Engage in some relaxation and take time out after the bedtime routine to build up your own resources- and remember that it is okay to feel worries, but don't let it overwhelm you.