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| Today, I want to share another idea to **help your child cope** in these times of upheaval.It’s:* Super-simple
* Works with children of all ages
* Only takes **60 seconds**

**Warning:**What I’m about to share sounds so simple, **you might think**, "My kids don’t need that."If you have that thought… stop!This strategy (nearly) **always has a positive impact.**  Don't risk missing out on the benefits!**Why this works**Here's a biological fact: Stress is the enemy of self-control.So **when kids feel unsure or confused,** that increased stress literally **reduces their ability** **to regulate** their emotions.But **when they feel settled and confident,** the opposite happens - it actually **increases** **their** **capacity** to regulate.One of the things that causes children stress is **not having a clear idea** about what’s going to happen during the day.Here's a simple fix.**Your 60 second strategy**Grab a piece of paper (or a mini-whiteboard if you have one), and write down a list of **4 or 5 key events** for **today and tomorrow.**At times like these, with many families staying at home to prevent the spread of coronavirus, the aim is to show:* The rough order of the day
* Which adults are in or out of the family home

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| I'd list:* Which adult is collecting from school
* Details of any clubs
* Reminders of any PE / swimming kit needed
* Any special / unusual events happening

Sharing this list at the **start of every day** gives your kids **reassurance about what to expect.** This:* **reduces** their stress levels...
* leaving them **more able** to manage their own emotions.

Win-win.Plus - leaving the list out (in the living room or kitchen) means you kids can refer back to it if they need reassurance.**Next steps*** Write down **4 or 5 key events** that are going to happen today **and** tomorrow
* **Talk through** this list with your children **every morning**
* **Leave the list out** where your kids can refer to it whenever they want to

Trust the process... and before you know it, you and your children will be **enjoying the results.** |

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