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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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