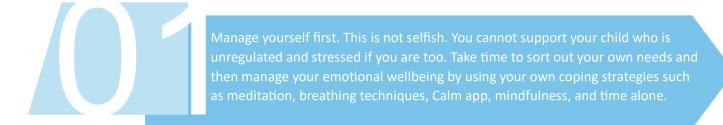
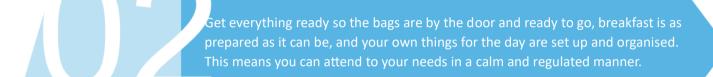
Parent Support Top Tips



Morning Support Plan for Parents of EBSA Children









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.

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