



Calm

Care Pack

Children & Parents Resource



Charity Number: 1049826

Useful **SUPPORT** Contacts

Here is a list of websites and contact numbers for organisations which provide mental health support and services for children across Cheshire & Merseyside.

RASASC (Cheshire & Merseyside) Rape and sexual abuse support centre – 0330 363 0063
www.rapecentre.org.uk Email: support@rapecentre.org.uk

St Mary's SARC Sexual assault referral centre (Cheshire) – 0161 276 6515

Safe Place SARC Sexual assault referral centre (Merseyside) – 0151 295 3550

NHS crisis mental health support 111 choose option 2 for 24/7 – 111

Papyrus prevention of young suicide helpline HOPELINE247 – 0800 068 41 41

NSPCC Childline counsellors are available 24/7 for under 19's – 0800 1111

Young Minds – 0808 802 5544, or text YM to 85258 for free, 24/7 support.

BEAT National eating disorder organisation – 0808 801 0433 or youth helpline on 0845 634 7650.

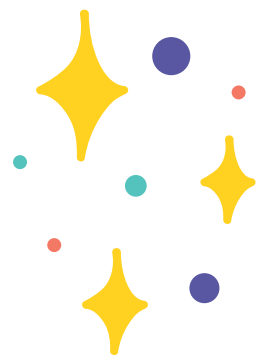
SHOUT 24/7 text support service for anyone struggling to cope. Text the word 'Shout' to 85258.

Mermaids Support for transgender, non-binary & gender-diverse people – 0808 801 0400



**If your child needs urgent help for mental health,
call 999 or go to A&E now.**

Dear parent/carer,



The following information in this care pack consists of practical resources for you to use with your child to help them with their trauma recovery.

It can be hard to know how best to help your child when you see them struggling with strong feelings and difficult experiences. It can take time and support to be able to recover. But there are things you can try that might help with how your child is feeling.

These resources are healthy coping strategies for you to teach your child so they can start to use them in their everyday life, to help cope with difficult feelings in the moment and to support their body with its journey towards healing.

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

If you find these coping strategies don't work in certain circumstances, it may be worth reaching out for further support with the helplines provided.

Remember, you and your child are not alone and help is available.



5, 4, 3, 2, 1 Technique

Parent/carer: Using the 5-4-3-2-1 technique, your child will purposefully take in the details of their surroundings using their 5 senses. Use the boxes to write down small details your child notices. To make it playful, turn the steps into a scavenger hunt. For example, ask them to find “five things that are blue” or “three soft objects.”

5

things you can see?

Example: A toy, book, bird or window.



4

things you can feel?

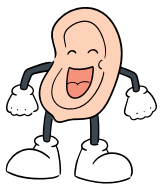
Example: A soft cushion, pencil, or the floor.



3

things you can hear?

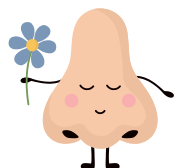
Example: The TV, cars or a clock ticking.



2

things you can smell?

Example: Your favourite cuddly toy, food or your clothes.

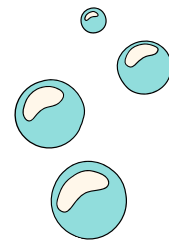
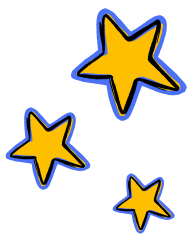


1

thing you can taste?

Example: A sweet, toothpaste or water/a drink.





Star & Bubble Breathing

Parent/carer: When we feel anxious, our breathing gets faster and shorter, our heart beats quicker, and muscles tense up. Deep breathing overcomes this feeling and promotes relaxation, this is when our breathing becomes longer and slower, and our anxiety fades away.

Star breathing:

Put your finger on the starting point and slowly move your finger along the outline of the star taking a deep breath in.

Hold your breath for a few seconds and then continue to slowly move your finger whilst breathing out.

Keep going until you've gone round the whole star.



Bubble breathing:

You can either use a bubble toy, or imagine you have a bubble wand.

Take a deep slow breath in, hold for a few seconds and breathe slowly into the bubble wand. Be sure to blow really slowly so the bubble doesn't POP!

Pause a few moments before blowing another bubble. You can also practice blowing bubbles without a bubble wand.





Create a sensory toolkit



Parent/carer: A self-soothing sensory kit is designed to be accessible when someone is experiencing heightened emotions or distress. Self-soothing is done using the five senses – sight, sound, taste, touch and smell.

Creating your own kit is easy. You don't necessarily have to go out and buy items; many of these are available in most households.

Here are some ideas of items to build your own self-soothing sensory kit:



Sight:

Colouring in book
Calm jar -
mix glitter, glue, water
& toys in a jar. Shake
the jar & watch the
glitter settle



Taste:

Chew jewellery
Teethers
Small snack



Touch:

Therapy putty/slime
Soft/fluffy teddy
Spikey ball
Beaded bracelet kit



Sound:

Small instrument
Musical toy
Audio book



Smell:

Scented Play-Doh
Room spray
Scented teddy
Washed blanket



Hand tracing technique



Parent/carer: This activity allows children to focus on the sensation of the crayon or pencil moving next to their hand instead of the anxious feelings. Colouring and drawing patterns is also a great way to focus on something more productive than negative emotions..

Start by getting a piece of paper and a pencil/crayon. Lay the paper flat on a surface and have your child put their hand on the paper. Using the pencil/crayon, let your child trace their hand. Once they are done, add patterns or colour the inside of the hand.



You can create something like this, use lots of different colours and add in any pattern you want

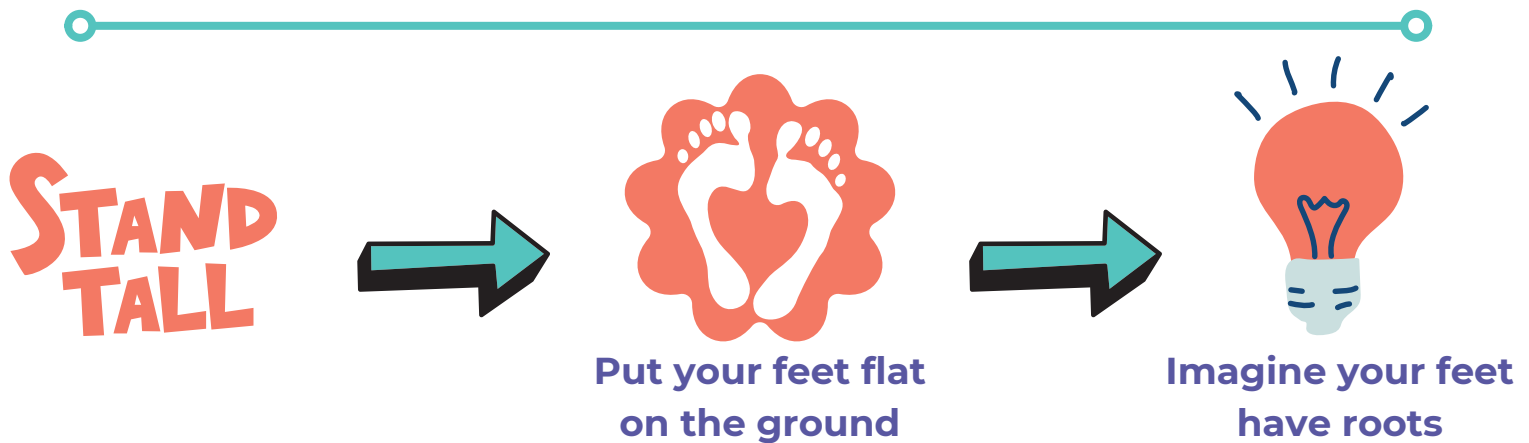


The 'roots' technique



Parent/carer: Focusing on a specific image can help to ground someone.

Talk with your child and help them imagine that they are a tree with roots extending from their feet into the ground. Get them to push their feet into the floor, imagining their “roots” reach deep into the earth, creating the image they are stable and firm, instead of feeling unsteady and unsure.



Feel how steady and secure you are!

Calm/Safe Place



Parent/carer: A calm or safe place is extremely important, especially when children may feel they have no control over their environment

A calm/safe place can be described as anywhere a child feels comfortable. It could be the beach, their room, playing their favourite sport, or even a place they have always dreamed of visiting.

What you will need?



Imagine a place you
feel calm or safe

Draw this place
and hang it up
where you can see it

When you feel angry, sad or
worried... imagine or go to this
place to feel calm again

Parent/carer - How to do it:

- Brainstorm with your child what their safe place is.
- Ask them to create a drawing of their safe place.
- It can include pictures, collages, or words to describe their safe place.
- Ask, "Why is this your safe place? What makes this place so special to you?"
- Encourage them to hang their drawing up in their room or somewhere they will be often.
- Explain that when they feel unsafe, angry, sad, or worried, they can go to their "Safe/Calm Place."
- If their safe place is physically accessible, have them take a couple minutes there to cool off. However, if the safe place is in their imagination, encourage them to go to a quiet area to envision their safe place.

