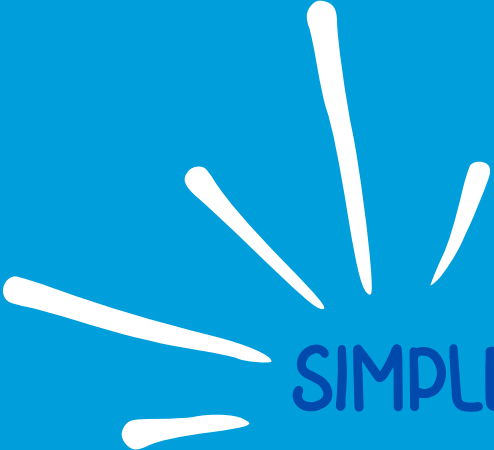


PARENT/CARER SUPPORT BOOKLET



SIMPLE AND EFFECTIVE SELF
CARE STRATEGIES FOR YOU
TO TRY AT HOME!



Safe!

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ABOUT SAFE!

SAFE! is an independent charity working across the Thames Valley to support children and families affected by crime and abuse. We support children and families from the age of 5 to 18. We also provide support to parents to help them to find the best ways to support the recovery of their child, and to deal with the impact the experience has had on them as parents.

SAFE! provides inclusive and free services for young people and families affected by crime. SAFE! practitioners offer practical and emotional support based upon protective behaviours and restorative approaches that is designed to increase confidence and build resilience. SAFE! empowers children, giving them a voice and helping them and those around them to build a support network.

Working together with parents, SAFE! promotes the rights of families, by providing resources the charity encourages adults to feel confident in supporting their children through challenging times. SAFE!'s unique approach seeks to support children to live happy and adventurous lives.

For more information about SAFE! see our website:
www.safesupport.org.uk



INTRODUCTION

Being a parent can be a challenging time. As children grow and develop, they can display challenging behaviour and confusing emotions – at times it can be hard to know how to respond. Being a parent can be an incredibly rewarding role.

Just as we say to the children we support, there is no right or wrong way to feel. It is important to recognise that you might need time or support, it could be helpful to try to understand why you feel the way you do at times. After a traumatic or difficult experience, it's important to look after yourself to provide the best possible support for you and your family.

This workbook is designed to help you take your first steps towards self care and provide you an opportunity to reflect on how this experience has impacted you. Over the next few pages, you will find practical exercises to help you and your family to move forward.

PARENT SUPPORT AT SAFE!

The caregivers group provides support for parents and caregivers who need space to talk, time to reflect, connection with other caregivers, and learning how to put you first by putting your own oxygen mask on first before supporting others.

The group runs online on Tuesdays at 10:00am - 11:30am & 19:00pm - 20:30pm.

One-to-One Support

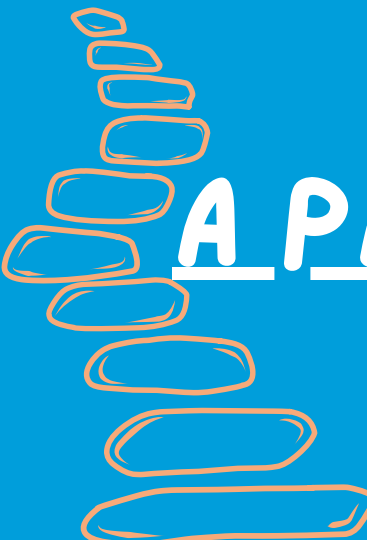
- Discussing your wellbeing needs.
- Creating time for you.
- Coping with challenges.
- Responding to your child's changing needs.
- Information, advice & guidance.

Caregivers Groupwork

Theme: Embracing Change

- Self-Care – putting you first.
- Connect - with yourself and your family to build stronger relationships.
- Protect - keeping your child safe.
- Discover - how to communicate and manage family dynamics.
- Breathe - to better manage emotions.

“Even though everyone's reason for being there was different, we found common ground in the emotions that we were all experiencing.”



A PARENT'S JOURNEY WITH SAFE!

Lizzy's son received support through SAFE! This is her support journey.

What brought them to SAFE!?

- I started my journey with SAFE! in 2023 when we self-referred after being advised to by the Emotional Health Triage Team.
- My son had been bullied in school since the end of Year 1 and had at this stage just gone into Year 3.

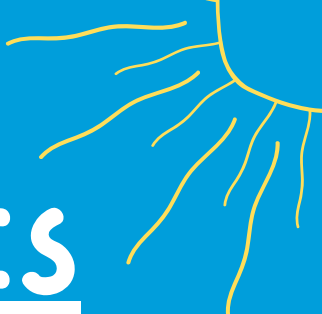
Crisis point:

- I had never experienced bullying towards a child for such a long time and felt unsupported by the school. We didn't know what to do to help him.
- Our son was on the CAMHS Autism pathway. Neurodiversity with bullying made it particularly challenging.

How did SAFE! Support feel?

- The referral process was straightforward, I felt heard for the first time.
- When I received the phone call to say his case had been accepted, I felt relief that someone was going to help.
- The caregivers group was "a place to reflect and pause every week without judgement".
- Even though everyone's reason for being there was different, we found common ground in the emotions that we were all experiencing and the impact that the crime had on our loved ones.

COPING STRATEGIES



Coping strategies help us to manage stressful situations. This workbook will guide you through some techniques.

HEALTHY COPING STRATEGIES

- Notice your feelings - talking to someone or writing in a journal can help you understand your emotions.
- Refocusing - activities like meditation or exercise can help you take time for yourself.
- Checking in with yourself - what do you think would help you?

UNHEALTHY COPING STRATEGIES

- Avoidance - ignoring the stressful situation can make it difficult to process what's happened.
- Overthinking - dwelling on your experience can impact your wellbeing.
- Isolation - it's helpful to connect with your support network.



MINDFULNESS



Mindfulness is all about being in the present moment. This may help you to stop dwelling on the past or worrying about the future.

Mindfulness Activities:

- Spending time outside - gardening, earthing (feet on the grass), and anything that connects us with the earth can have a calming effect.
- Journaling - putting our feelings into words.
- Colouring - without having to think is a great way to relax.
- Meditation - noticing our breath may help you feel more grounded.
- Exercise - moving our body has mental and physical benefits. You don't need to do anything intensive, why not start with a gentle stroll?

For mindfulness activities, you don't need any special equipment, making it easier to get started!



MINDFULNESS



Fill in this checklist with any mindfulness activities that interest you, or think of your own!



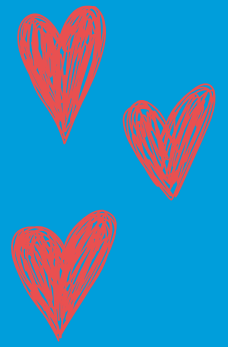








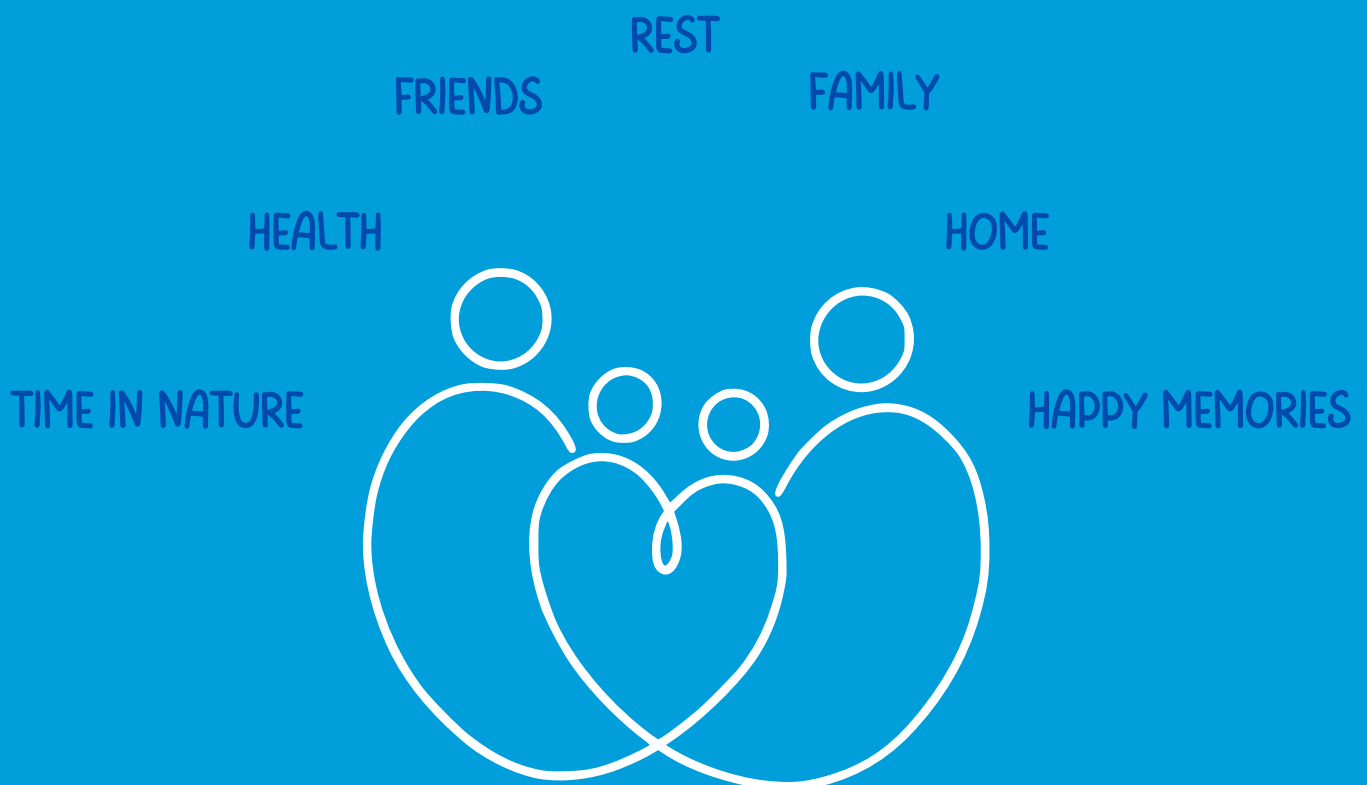
GRATITUDE



Gratitude can remind you of the positive things in your life and may help you to feel less overwhelmed by negative thoughts.

When should I practise gratitude?

Writing down three things you are grateful for every day can be good for mental health. Gratitude can be anything you feel grateful for.



GRATITUDE

Try thinking of some of your own! You might want to start a gratitude journal of your own that you can fill in with 3 things you're grateful for at the end of every day.



THINGS I'M GRATEFUL FOR:











GLIMMERS

A glimmer is a moment of happiness and peace. it is the opposite of a trigger.



Examples of Glimmers:

- A beautiful sunrise or sunset
- A walk in the rain
- A good book
- A hot cup of tea
- A talk with a friend
- Your favourite TV show
- A hug
- A bunch of flowers
- Birdsong



Taking the time to notice glimmers throughout the day can help us feel better.

REFLECTIVE QUESTIONS

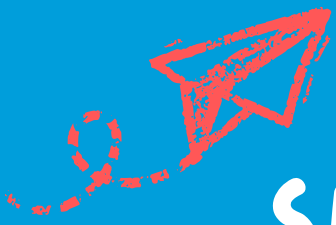


"What kind of mood
am I in today?"

How can I take care of
my self care needs?

Where am I happiest or
most content?

What is one positive
action I can do to
support my wellbeing?



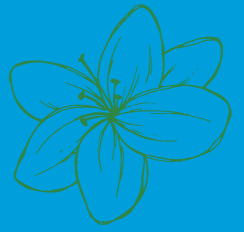
SIMPLE SELF CARE

Self care activities can be more beneficial when practiced regularly. It can be helpful to split them into two categories: 'non-negotiable self care for every day' and 'go-to strategies for when I'm feeling overwhelmed'.

Ideas for self care for every day

- A short meditation at the start or end of every day.
 - You can start by doing 1 minute and then gradually increasing.
 - Guided meditation videos online can also help you get started.
- A daily walk or run around your local park.
- A cup of tea by yourself with no distractions.
- A daily yoga routine.
- Doing a craft activity.
- Gardening.
- Any hobby you find fun.
- An exercise/workout.
- Reading a book or your favourite magazine.

SIMPLE SELF CARE



Grounding Techniques:

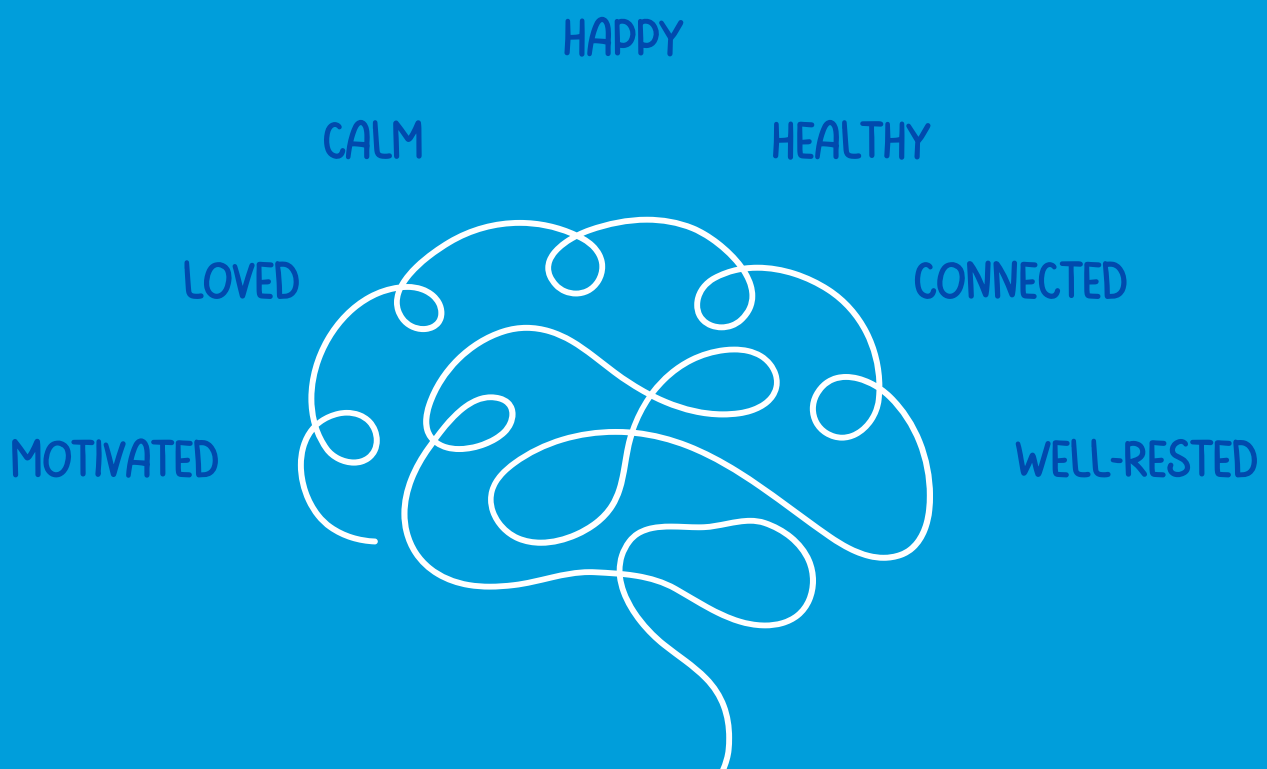
- 5, 4, 3, 2, 1 Senses technique
 - 5 Look: Name five things that you can see and say them out loud.
 - 4 Feel: Name four things that you can feel, say them out loud and describe the feeling.
 - 3 Listen: Listen for three sounds and name them aloud.
 - 2 Smell: Name two things that you can smell. If you cannot smell anything, name two of your favourite scents.
 - 1 Taste: Say one thing that you can taste. If you cannot taste anything, name your favourite taste and take a deep breath.
- Going outside
 - Spend some time outdoors, connecting with the earth's surface by feeling your bare feet on the ground. This is most beneficial in warm weather.
 - Take a mindful walk and enjoy the scenery. You might want to take photos of something you find inspiring and share with family and friends.





SIMPLE SELF CARE

- Have fun, just because!
 - Dance to your favourite songs. You can sing along too!
 - Create art (colouring, drawing, painting, etc.)
 - Find something that makes you laugh, like watching a funny video.
- Make a 'to be' list as well as a 'to do' list.
 - Think about the emotions that are important to you.



NEXT STEPS



Caregivers Group Details:

- If you'd like to find out more or register your interest, please contact safe@safesupport.org.uk.

SAFE! Online Drop-In Sessions (Coming Soon):

- Caregivers
- Building Respectful Families

SAFE! Social Media:

- You can follow our social media to keep up to date on our services. We also share mental wellbeing and self care resources.
 - Facebook: SAFE Support for Young People Affected by Crime.
 - TikTok: @safesupportyp
 - Instagram: @safesupportyp
 - X (Twitter): @safesupportyp