



Parenting passport

How to use this booklet

This booklet has been designed to help the parents, caregivers, children and young people deal with the challenges faced during the pandemic.

It is to be used in combination with the activities pack, online PREPARE lessons, online recorded presentations and Podcasts available on the Trinity Parenting web page. For further details on how to use this booklet please see the "Using the Parenting Passport"

Set your daily routine

Daily record of kindness

Write down each day all the kind and good things
which have you have experienced.

Lets record all the progress made.

Use the following pages to record all the positive developments and behaviours your child has made. If they do it once, they get a bronze, if they repeat this behaviour over a few days they get a silver and if their are doing this repeatly, they get a gold.

Find out more about....



Other people's experiences

Ask others about their
experiences

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Show kindness to others

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Take turns activities
playing games

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Show good team work

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Anxiety

Talk about what is making
you anxious

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Use controlled breathing to
calm yourself

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Practice grounding and
mindfulness

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Label your thoughts into
either red and green

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Recognise signs of you
getting anxious

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Find out more about....

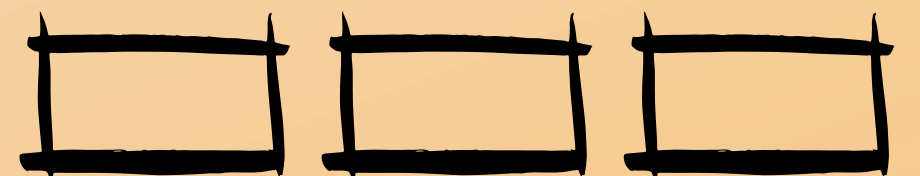


Stress

Help others with their stress



Build your own stress bucket



Deal with stressful situations
better



Show improved focus on the
future



Worry

Show interest in an activity



Seek help when feeling over
whelmed



Take time out to regulate
your emotions



Show enjoyment of an
activity



Connect with your senses



Body.

Learn to read your body



Redefine your self image



Use exercise to relax



Eat healthly



Perception

Re-frame thoughts and event
to give a different
understanding



Be present in the moment



Explore new sound, smells
and sensations



Connect with your senses



Boundaries

Respect other boundaries



Explore your personal space



Discover more about personal boundaries



Emotions

Recognise when you are not in control



Seek out help when you are losing control



Regulate your emotions with the help of a staff member



Regulate yourself after losing control



Use ways to prevent yourself losing control



Prepare for



Life

Don't believe fake news

Eat healthy

Improve your sleep pattern

Attend online lessons

Follow a daily routine

Relationships

Make new friendships

Reconnect with family

Show respect to others

Prepare for



The future

Set goal for the next year

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List events you are looking forward to

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Make a plan to achieve your dreams

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Enjoy yourself

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Learn,
Remember,
Achieve