

## How to Be Home Tool



Tool to support parents/carers to make strong relationships with their children of all ages so that they have higher levels of resilience and wellbeing.

It supports parents/carers to communicate in a way that helps children learn to regulate their emotions and behaviour so that they soothe themselves when upset and manage in social settings.

It informs parents about WHAT situations children/young people may find stressful/difficult, WHY it is difficult and HOW to support, with some strategies to try.

The Home tool is used to support parents/carers to improve behaviour, increase concentration and promote inclusion.

### Regulating Physical State

**What**  
Some young people find it very difficult to talk about their feelings. They may not even be able to recognise them.

**Why**  
Because they may have experienced difficulties in earlier years and have learned to avoid talking about their feelings.

Card 1

### Communication Style

**What**  
Understanding that some young people find it difficult to receive praise or tolerate direct adult attention.

**Why**  
Because direct comments from adults in the past may have been negative.

Card 2

### Developing a 'Sense of Self'

**How**

- Try... wishing them well for an activity and asking about it next time.
- Try... showing that you thought about them when you weren't with them e.g. "I thought about you on Saturday when it rained. Did you play cricket?"
- Try... regularly acknowledging them by speaking to them, using their name, commenting to them and others about observed desirable behaviours, using agreed non-verbal signs, using appropriate physical contact, by standing close or alongside.

Try... not assuming that this need for acknowledgement is 'inappropriate attention-seeking'. Recognise it as a real need. Build time into the session to have a 1-1 chat each week.

Card 4

**COST:**

Number of units	Cost	Unit Cost	Haringey school rate	Haringey unit rate
1	£8.99	£8.99	£7.50	£7.50
10	£75.00	£7.50	£60.00	£6.00
25	£150.00	£6.00	£125.00	£5.00
50	£250.00	£5.00	£225.00	£4.50

Available from: **The Anchor Approach**

For more information or to purchase a copy contact:

[anchor@haringey.gov.uk](mailto:anchor@haringey.gov.uk)