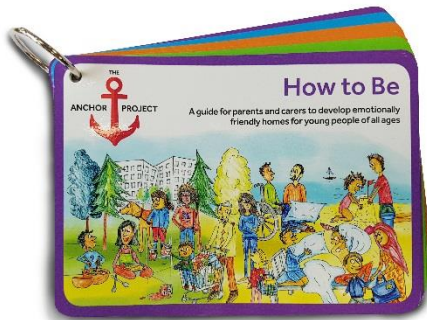


## How to Be Home Tool

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.

I like the way you helped Jonny.

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 Project**

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