

Safety Plan For Children

Name: _____ Date: _____

Step	Safety Plan	Notes
1.	<p>Recognize Triggers and Warning Signs</p> <p>Help your child identify specific triggers or warning signs that might escalate their feelings of distress.</p>	
2.	<p>Self-Soothing Techniques</p> <p>Develop a list of self-soothing techniques your child can use when they feel distressed, such as mindfulness or progressive muscle relaxation.</p>	
3.	<p>Reach Out to Social Contacts Who Can Help Distract</p> <p>Encourage your child to reach out to people who can provide distraction during moments of distress.</p>	
4.	<p>Identify Trusted Adults or Professional Support</p> <p>Create a list of trusted adults, such as teachers, family members, or mental health professionals, who your child can contact during a crisis.</p>	

5.	<p>Create a Safe Physical Environment</p> <p>To ensure safety, minimize access to harmful objects or substances in your child's environment.</p>	
6.	<p>Regular Communication and Check-Ins</p> <p>Maintain open lines of communication and regularly check in with your child to reassure them that they are not alone.</p>	
7.	<p>Regular Mental Health Support</p> <p>Arrange for ongoing support from mental health professionals to provide your child with coping strategies and a safe space to express their feelings.</p>	
8.	<p>Encourage Healthy Habits</p> <p>Promote healthy lifestyle habits like regular physical activity, a balanced diet, and adequate sleep to improve your child's overall mental well-being.</p>	

Remember, this plan should be revisited and revised to meet your child's changing needs. Regularly review each step with your child and ensure they understand and feel comfortable with the plan.