



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

House agreement

You can discuss and agree on house guidelines to help keep a good relationship during being home together.

Name:

[illegible]

Name:

[illegible]

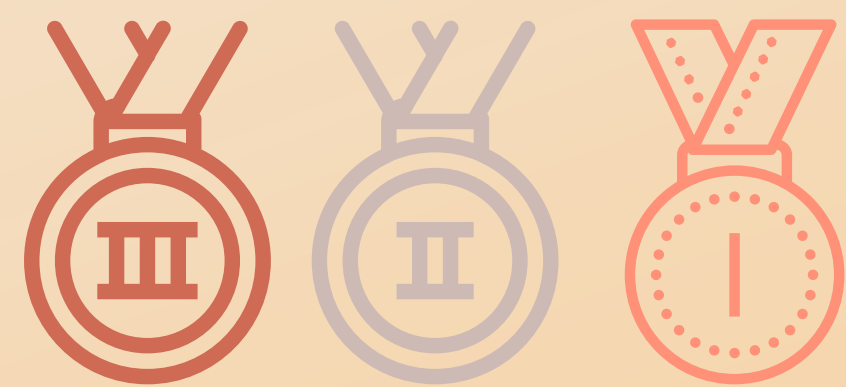
Daily record of kindness

Write down each day all the kind and good things
which 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 they are doing this repeatly, they get a gold.

Find out more about....



Other people's experiences

- Ask others about their experiences
- Show kindness to others
- Take turns in activities playing games
- Show good team work

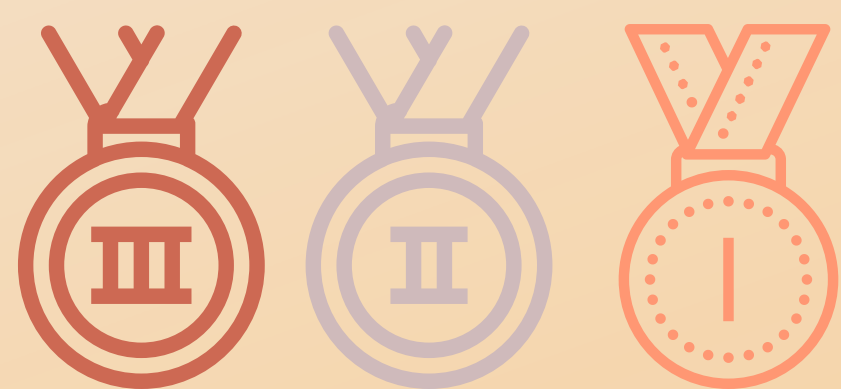
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Anxiety

- Talk about what is making you anxious
- Use controlled breathing to calm yourself
- Practice grounding and minfulness
- Label your thoughts into either red and green
- 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 overwhelmed ☐ ☐ ☐

Take time out to regulate your emotions ☐ ☐ ☐

Show enjoyment of an activity ☐ ☐ ☐

Connect with your senses



Body.

Learn to read your body

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Redefine your self image

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Use exercise to relax

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Eat healthly

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Perception

Re-frame thoughts and event
to give a different
understanding

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Be present in the moment

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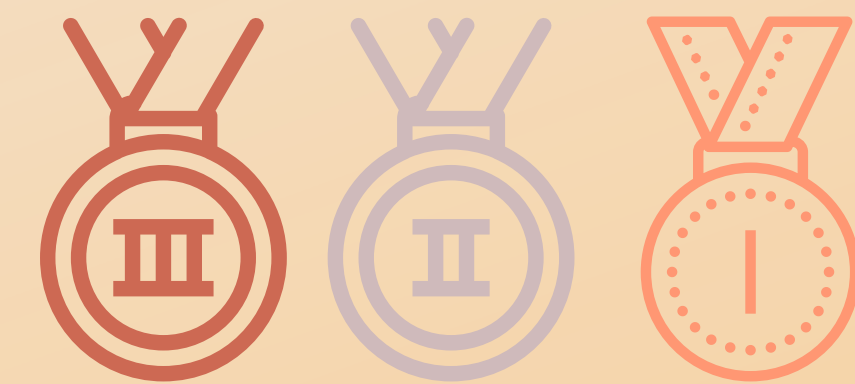
Explore new sound, smells
and sensations

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Connect with your senses

Boundaries

Respect other boundaries



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Explore your personal space

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Discover more about personal boundaries

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Emotions

Recognise when you are not in control

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Seek out help when you are losing control

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Regulate your emotions with the help of a staff member

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Regulate yourself after losing control

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Use ways to prevent yourself losing control

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Prepare for



Life

Don't believe fake news

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Eat healthy

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Improve your sleep pattern

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Attend online lessons

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Follow a daily routine

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Relationships

Make new friendships

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Reconnect with family

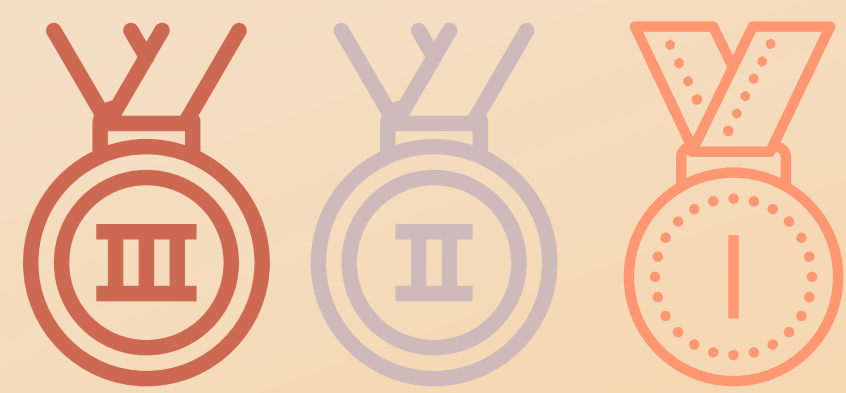
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Show respect to others

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Prepare for



The future

Set goals 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