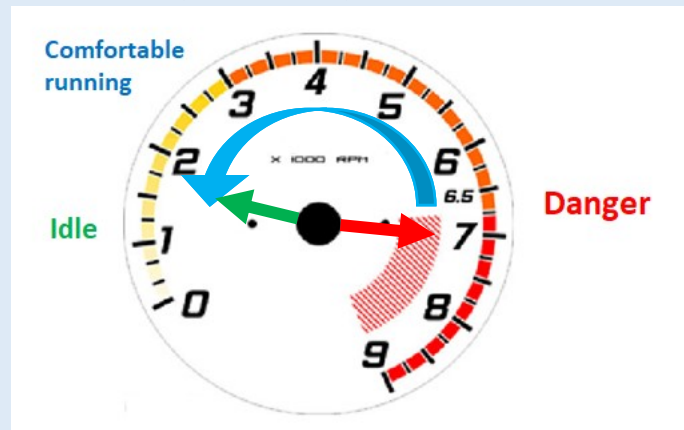
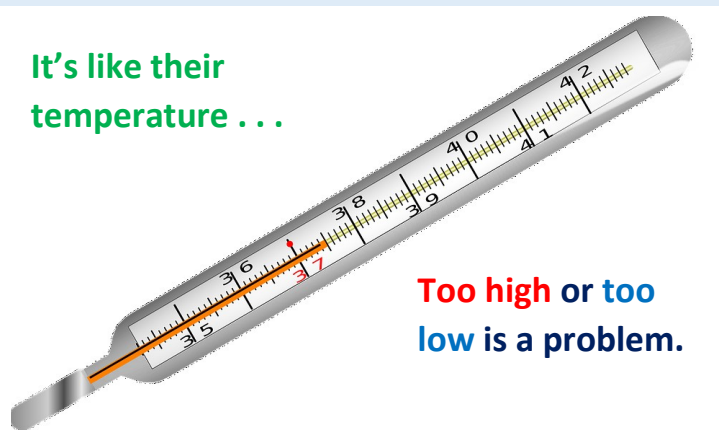


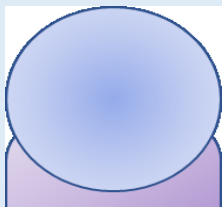
Consistency is calming – it slows their ‘motor’



Consistency supports wellbeing – a state where they think, feel, act, and perform best.



Consistency supports ‘knowing’, about what will happen, when it will happen, and how it will happen.



In tough times, children and young people need a little extra consistency!

What routines do we already have?

- _____
- _____
- _____
- _____
- _____
- _____

Maintain these!

What do we do sometimes?

- _____
- _____
- _____
- _____
- _____

Make (at-least) one of these consistent!

How will I know it is helping?

Preschoolers:

- Cooperates
- Is easily soothed
- Sleeps well
- Explores
- Plays independently

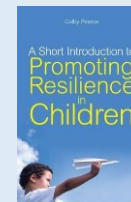
Primary Schoolers:

- Cooperates
- Easily soothed
- Sleeps well
- Sustains attention/focus
- Try's things
- Accepts separations

Teens:

- Cooperates
- Regulates self
- Interest in appearance
- Adult-like thinking
- Maintains interests

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‘Knowing’ what will happen, when it will happen, and how it will happen is reassuring!