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**TouchBase is a Community Interest Company (not for profit) that supports all those impacted by adverse childhood experiences to function well at home, school and in their wider communities.**

### **Advice For Adoptive Parents and Foster Carers During this season**

*In this extraordinary season I would strongly recommend that we pay utmost attention to the Neurosequential order that Dr Bruce Perry advocates for as a means of respecting biology, of regulating first, relating second, reasoning third. The most important two during this season are the first two. We need to do all we can as individuals and family groups to stay grounded and connected. If those two are attended to we will then be able to engage in the third, more cognitive work, e.g as adults – work online and for children – school work. Even if all everyone manages is regulating and relating this is absolutely fine. We need to be self compassionate at this time as our nervous system will be all over the place right now! I will give you five top tips in each area. Some ideas for regulation and relating to get you started: -*

#### **Regulate your body - together as a family you could do:**

- Butterfly breathing
- Body scans
- Stretches/Pilates
- P.e with Joe on YouTube (try it , it will make you all smile and giggle!)
- Personal bests e.g plank, sit ups, press ups....

#### **Regulate your mind - together as a family you could focus on :**

- what will remain the same externally throughout this season, e.g. the sun, the sky, the stars , plants growing, seasons...
- what will remain the same in your home throughout this season, e.g. your bed, your books, your pictures, your pets....
- what will remain the same in your hearts and minds , e.g. your love for each other, special memories.....
- what you will now be able to do as a family, e.g. play games together, sing together, eat together, create things together , create music together....
- what each of you can still do, e.g. I can smile, laugh, sing, dance, move.....

#### **Relate - Let's continue to find creative ways to connect with one another**

- Increase 'felt safety' by smiling more with your eyes and mouth, having warm, open body language, have a laugh, modulate your voice – use a sing song voice whenever you can!
- Use PACE as a way of being as much as you can .....playfulness, acceptance, curiosity and empathy.
- Sing together as a family. Sing songs you already know and like. Sing songs that you create as a family. Find new songs to sing from YouTube.
- Collect pebbles or shells when out exercising. Write names of all those important to you all – friends and family, including those in yours! Put them in a basket and pull one out a day and go around the family saying what you like about that person.
- Go through the alphabet , one letter a day.....tell each other 5 things about you that begin with that letter. For example for A - I ate an apple every day as a child, I would love to visit the Amazon jungle one day.....etc.

Consider setting up a daily routine for the family if you haven't already and write the timetable up on the fridge or wall. Try and include some special rituals as part of your usual routines, for example on Saturdays you will always play monopoly together.

Consider building in quality time with each child individually, e.g on Mondays between 11 & 12 you make a jigsaw with Kyle....

Go well.....

*Louise Michelle Bomber – Director of TouchBase. (24/3/20) Please note if you need any support for individual children, young people, parents/carers or professionals do not hesitate to get in touch. We are offering therapeutic consultations and access to webinars for a low cost. [Info@touchbase.org.uk](mailto:Info@touchbase.org.uk)*