



Helping a Child Feel Safe & Settled After Family Disruption

A short caregiver worksheet for the days and weeks after a child moves, a parent becomes unavailable, or another major family change occurs.

Child / youth

Caregiver

Date

What changed recently

What the child needs to know today

- ☐ Where I am sleeping tonight
- ☐ Who will be here
- ☐ How I am getting to school / child care
- ☐ When I will next see or hear from important people, if known
- ☐ Who I can ask when I do not understand what is happening

Keep these routines predictable

Morning

After school / afternoon

Evening

Bedtime



Safe & Settled Plan: What Helps This Child?

Signs this child is becoming overwhelmed

Things that usually help

- ☐ Quiet space
- ☐ Movement / outdoor time
- ☐ Food or water
- ☐ A familiar object, blanket, book or routine
- ☐ One calm adult and fewer words
- ☐ Time with a sibling or trusted person
- ☐ Music, drawing, reading or another calming activity

Important people and connections

Next change the child should be prepared for