

A plan for a bad day

*We made this together, in a good week. Some days are harder for me than others.
When they are, this is what happens.*

Who you can call

Who does the school run if I can't

What we say to each other on a hard day, so nobody has to guess

In an emergency: if you cannot wake me, I am hurt, or you think I am in danger

Call for emergency help first, and say our address:

Then ring

If you or your child is in immediate danger: Call 999, or go to your nearest A&E. 24/7.

MADE ON

LOOK AT IT AGAIN ON

FOR THE PARENT

The plan names adults, not children: looking after you is not their job, and the emergency rule is only about fetching help. If you are not safe, or not sure you can keep yourself or someone else safe, do not wait for the plan. The routes under "If you need help right now", on every page of theparentbook.com, are there straight away.