



Staying Calm at Your Child Safety Conference

It is not always easy to remain calm during a Child Safety Conference. Below is a list of ways that can help you do your best during the conference. Check off the strategies that you think will work for you. Write down any other strategies you think will help. Then put your plan on an index card or small piece of paper and take it with you to the conference.

- Remind yourself that you are working to remain calm for your child's sake.
- Focus on one good memory of your family throughout the conference to help you stay focused on the positive.
- When you are feeling angry or overwhelmed, count to 10 before you speak.
- Bring something soft to squeeze if that helps you to release tension.
- Bring a bottle of water to sip from before speaking if you are feeling angry or overwhelmed.
- Before the conference, ask your support person to remind you to stay calm with some physical action, like squeezing your hand or putting a hand on your shoulder.
- Ask for a 5 or 10 minute break if you are getting too upset. You are allowed to ask for a break!
- Other _____

Write down your plan on an index card or small piece of paper. Take the card with you and read it before you enter the conference.

WHEN I AM FEELING ANGRY OR OVERWHELMED I WILL...

1.

2.

3.