

Safety Plan For Children

Name: _____ Date: _____

Step	Safety Plan	Notes
1.	Recognize Triggers and Warning Signs Help your child identify specific triggers or warning signs that might escalate their feelings of distress.	
2.	Self-Soothing Techniques Develop a list of self-soothing techniques your child can use when they feel distressed, such as mindfulness or progressive muscle relaxation.	
3.	Reach Out to Social Contacts Who Can Help Distract Encourage your child to reach out to people who can provide distraction during moments of distress.	
4.	Identify Trusted Adults or Professional Support Create a list of trusted adults, such as teachers, family members, or mental health professionals, who your child can contact during a crisis.	

5.	Create a Safe Physical Environment To ensure safety, minimize access to harmful objects or substances in your child's environment.	
6.	Regular Communication and Check-Ins Maintain open lines of communication and regularly check in with your child to reassure them that they are not alone.	
7.	Regular Mental Health Support Arrange for ongoing support from mental health professionals to provide your child with coping strategies and a safe space to express their feelings.	
8.	Encourage Healthy Habits Promote healthy lifestyle habits like regular physical activity, a balanced diet, and adequate sleep to improve your child's overall mental well-being.	

Remember, this plan should be revisited and revised to meet your child's changing needs. Regularly review each step with your child and ensure they understand and feel comfortable with the plan.