



Feeling Better Ideas

Take
slow,
deep
breaths



Snuggle
with a
blanket,
stuffed
animal
or pet



Tell
myself
it will be
ok while
giving
self a hug



Draw or write my own idea:



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Dear Parents and Caregivers,

Your child is developing an awareness of their feelings, and how to adapt to unexpected changes.

It Was Supposed to Be Sunny touches on neurodiversity and aims to help children adapt to the unexpected.

Use the front of this bookmark to help your child practice coping strategies if overwhelmed or upset due to unexpected changes.

Tips:

Tweak routines and use gentle exposure to help your child practice adapting to small, unexpected changes. This expands their window of tolerance and helps them prepare for bigger challenges.

Use positive *"If.. then..."* scenarios to reassure your child.

After a change, you might say:

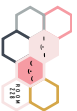
"Let's look at the ideas on the bookmark. Which do you think might help you feel better?"

Model flexible thinking:

"I didn't expect this. I'm going to take some deep breaths and tell myself it's going to be ok."

"Sometimes we need calm and privacy when we are upset."

Check out understood.org and sensoryhealth.org for helpful resources for neurodiverse families, and follow Samantha Cotterill @mummysamart on Twitter.



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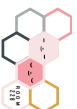
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