

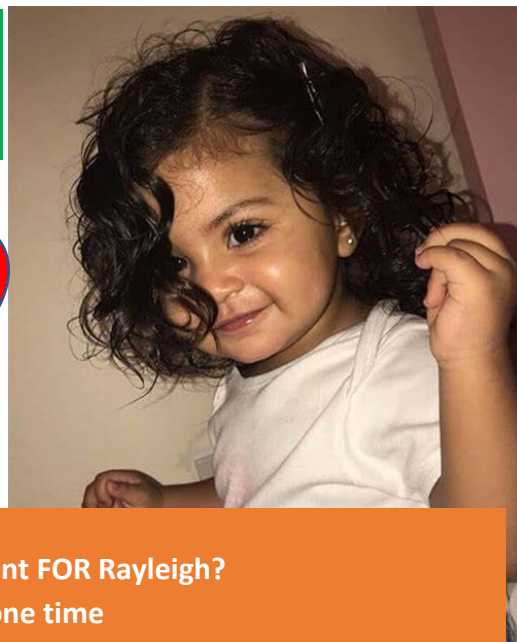
Rayleigh's Therapeutic Plan

What do we love about Rayleigh?

Mummy says: Her curiosity

Daddy says: How sociable she is.

Mummy and Daddy say: Everyone adores Rayleigh!



What is important TO Rayleigh?

- Food
- Dancing and Music
- Teddy 'Sam'
- Exploring and Wildlife
- Lift the flap books
- to be close to her safe people
- to have positive experiences with other adults and children

What is important FOR Rayleigh?

- One-to-one time
- For adults to be in charge
- A high level of nurture
- Predictability and clear boundaries
- Support to build relationships with men
- To begin to label feelings and emotions
- For adults to be alongside Rayleigh in social relationships.

NEXT STEPS
AND
REVIEW

Relational Play to support regression: Mummy and Daddy to play the blanket swing with Rayleigh at bedtime and then work towards feeding Rayleigh her bedtime drink. This is an intense nurture task, supports bonding and attachment and will enable Rayleigh to surrender control and allow herself to be nurtured.

Relational Play – family fun to support relationship with Daddy – Row, Row, Row your boat and Cotton ball blow. This will support Rayleigh to begin to overcome her fear of men.

Transitions and changes: These times can be a particular point of dysregulation. Sensory Diet/Movement activities to be woven through Rayleigh's day support regulation. Support is needed for Rayleigh to understand what is happening next both visually as well as verbally, and lots of noticing and labelling feelings and emotions.

Self-Care: Mummy to be able to have a shower every morning. Daddy to have some time each week (aiming for 2 hours but starting small!) to do something that she chooses to do, that isn't something he has to do.

Developing Knowledge into the future – parents to consider attending Adoption Support Training courses and use the Therapeutic Toolkit booklet to incorporate new practical ideas to support their parenting.

My social workers from AEM and CAPT together will – talk to my parents about how this is going, model therapeutic parenting, talk about arising strengths/successes/challenges. Rework and develop this plan as time progresses.