

My Plan

Think about the following questions and answer them as honestly as you can:

If your parent or carer was unable to take you to school or collect you, who else would you like to do this?

Try to think about two or three people who might be able to help.

Think about what is important to you. What are the most important things that you do outside of school, such as swimming, football or gymnastics?

What are the things that you wouldn't mind not doing for a few weeks until your parent or carer felt able to take you?

Are there any family routines that you really want to keep? For example, always watching a film together on a Saturday evening.

Who could take you to your hobbies, if your parent or carer was unable to?

If your parent/carers had to go into hospital for treatment, how would you like to stay in touch? Would you like to write letters, have phone calls or maybe visits, if possible?

What is the main thing that worries you about your parent or carer being ill?

What might help you to feel better about this?

Who is the main person you would talk to if you felt sad or confused about what was happening?

Now you have completed the plan, keep it safe and ready to look at if you need it.