

Break card

A simple way for your child to ask for a break without having to say it out loud.

How to use it

1. Practise when your child is calm: hand them the card, then give a short break straight away.
2. Keep the card somewhere your child can always reach it.
3. Each time they use it, honour the break, even if it is short.
4. Over time, your child can start using it on their own, in the moment.

