



Safe Space for RAD sibs



Welcome letter

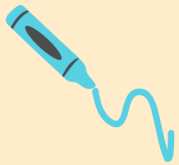


Hello,

We are some RAD sibs (and mommy). We want this safe space packet to be something that you can look forward to. We start with a spot to encourage you.



Next, we have a spot to share our helpful stories with you. This is where we talk about what worked for our family. Family members and professionals know you. We don't. Just because it worked for us doesn't mean it will work for you. Our sibling with RAD is severe-profound and ended up having to live somewhere else. Not all kids have severe-profound RAD. This is just our story.



Coloring spot can be anything to color. Sometimes it will be something we colored that helped us work through our thoughts. Maybe you can use it to help you be calm or when your sibling is struggling, you can go color.



Emotions spot: We feel strong emotions. We created a book together as a family to help us know how to help our emotions. Find what works for you and your family and add a page each time to your own emotions book.

Enjoy!

RAD sibs (and mommy)





Safe Space for RAD sibs



Encouragement: **You are
BRAVE!**

HELPFUL SPOT:

Our sibling with tough RAD made us feel unsafe. Mommy would have to help. We had a safe space to go (in our bedroom). We each had an activity to do when we needed to go there. I had playdough, a mat, and 4 cookie cutters to play with. I had a journal to write in with my favorite pen. I had a bin of Lego to create with. I had a couple of books to read. We could take deep breaths. We could play in our safe space while Mommy and Daddy helped. It wasn't easy to go to our safe space at first. We practiced it like we would a fire or tornado drill. It helped that we had a fun thing to do.

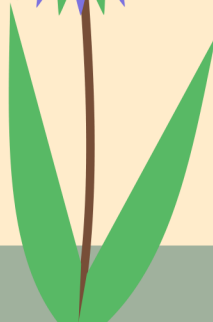
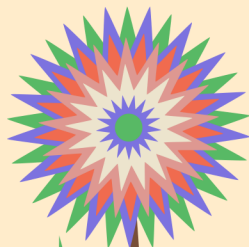
What do you do when your sibling gets unsafe?

Do you have a safe space to go to?

Do you have something fun that you can do by yourself?



COLORING SPOT: Draw what makes you smile.
(Ours are all over the page!)

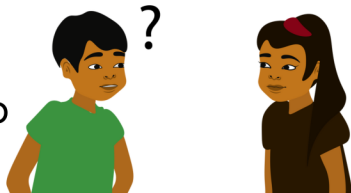




WHAT DO I DO WHEN I FEEL... confused?



Ask for help



Look at the calendar/schedule



Review help books/videos



Visual charts



Need more brain power? Try:

10 minute reset



I spy 3 things in the room



Sing and do: 

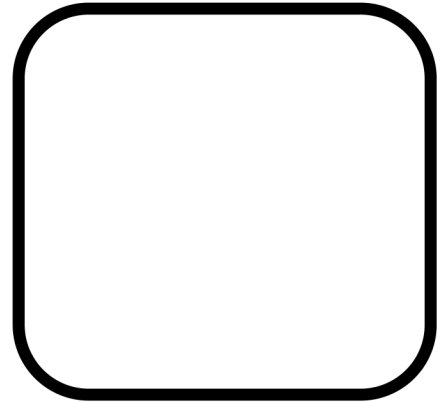
Head shoulders knees and toes



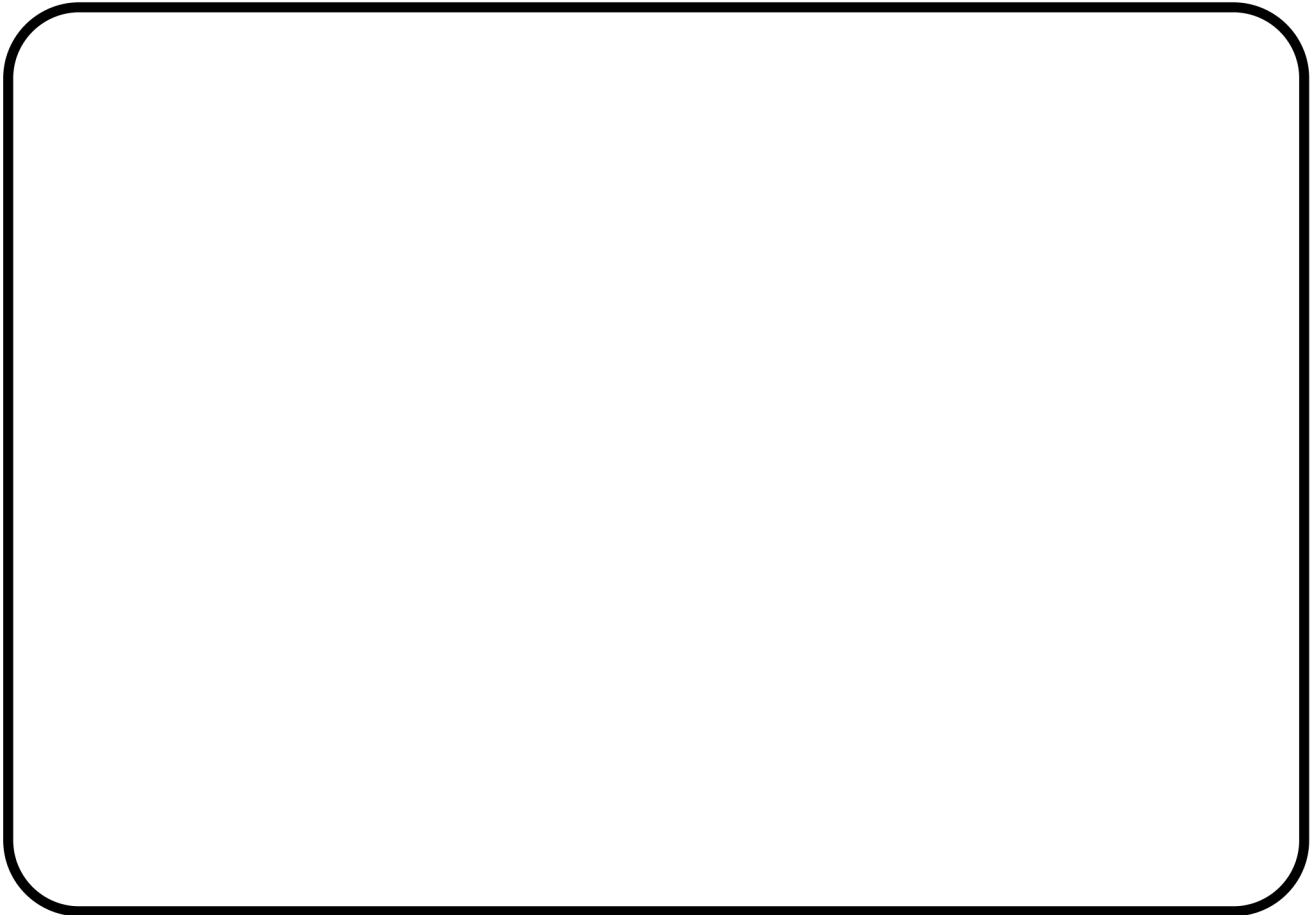


WHAT DO I DO WHEN I FEEL... confused?

draw
what
confused
looks
like



When I feel confused I can:





Safe Space for RAD sibs



Welcome letter

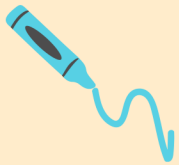


Hello,

We are some RAD sibs (and mommy). We want this safe space packet to be something that you can look forward to. We start with a spot to encourage you.



Next, we have a spot to share our helpful stories with you. This is where we talk about what worked for our family. Family members and professionals know you. We don't. Just because it worked for us doesn't mean it will work for you. Our sibling with RAD is severe-profound and ended up having to live somewhere else. Not all kids have severe-profound RAD. This is just our story.



Coloring spot can be anything to color. Sometimes it will be something we colored that helped us work through our thoughts. Maybe you can use it to help you be calm or when your sibling is struggling, you can go color.



Emotions spot: We feel strong emotions. We created a book together as a family to help us know how to help our emotions. Find what works for you and your family and add a page each time to your own emotions book.

Enjoy!

RAD sibs (and mommy)





Safe Space for RAD sibs



Encouragement:

You are Loved. YOU are loved. You ARE loved. You are LOVED.

HELPFUL SPOT:

Stressful things like storms, loud noises, accidents, screaming, mean looks, or someone being mean can make you feel uncomfortable. Sometimes these things happen when you are riding in a car, standing in line, shopping, and your safe space isn't nearby. But it could be if you go to your safe space in your mind. Some people feel at ease when thinking of water like the ocean, boating, or swimming. We like to close our eyes to help us think clearly and picture our space in our head. It could be a favorite place or imaginary. You can picture yourself safe in this space. We also like to take deep breaths while we try to focus on the calm in our mind instead of the anxiety outside our minds.



COLORING SPOT: Draw you in your safe space





WHAT DO I DO WHEN I FEEL...?

out of control



Rock in a rocking chair



Close my eyes and breathe



Laugh



Need more brain power? Try:

10 minute reset



Exercise



I spy 3 things in the room



Sing and do: 

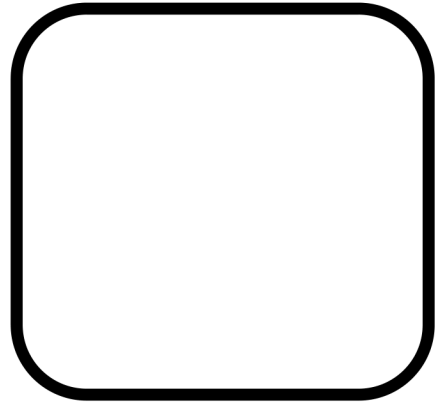
Head shoulders knees and toes



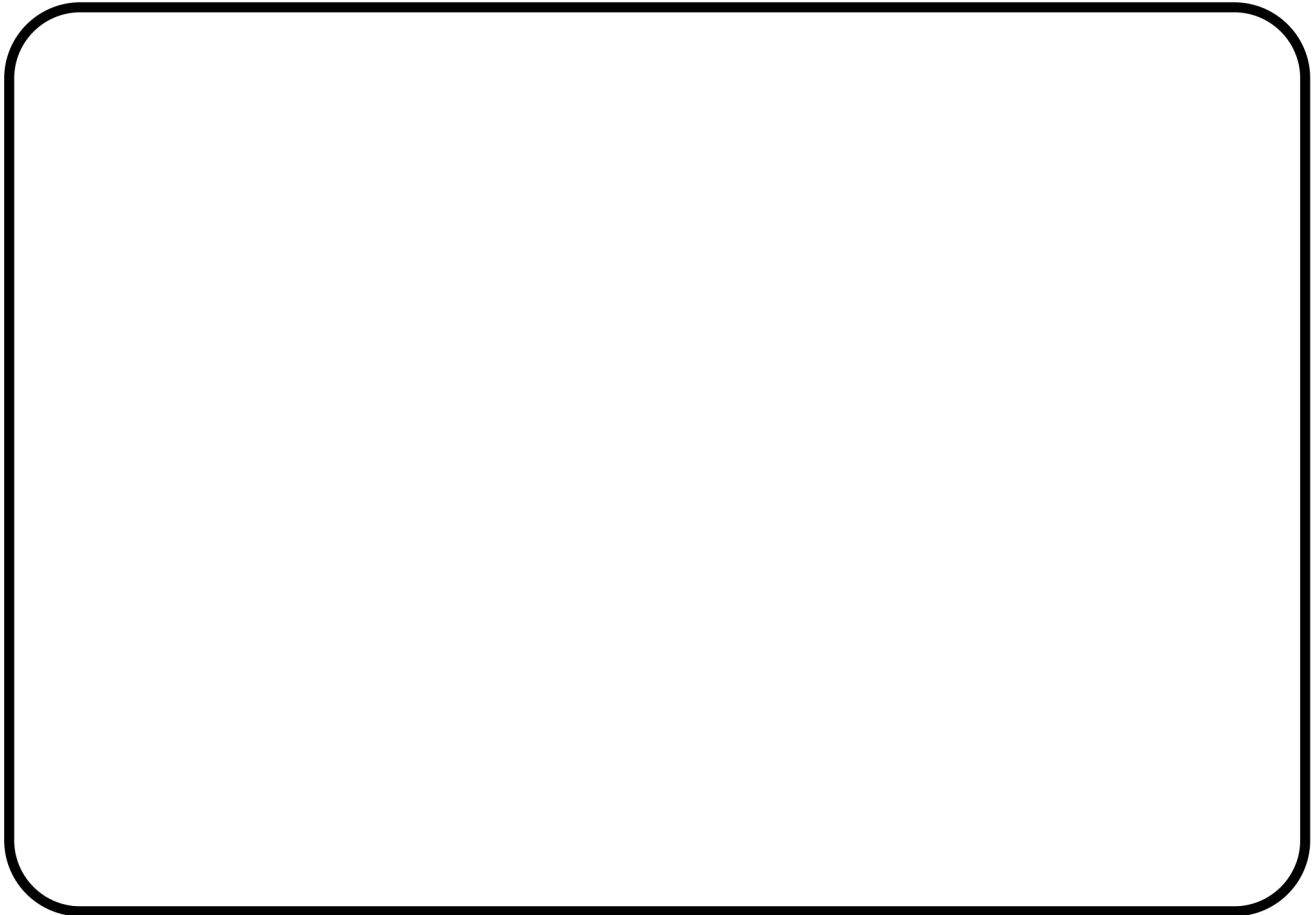


WHAT DO I DO WHEN I FEEL...?

draw
what
out of control
looks
like



When I feel out of control I can:





Safe Space for RAD sibs



Welcome letter

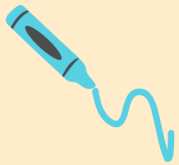


Hello,

We are some RAD sibs (and mommy). We want this safe space packet to be something that you can look forward to. We start with a spot to encourage you.



Next, we have a spot to share our helpful stories with you. This is where we talk about what worked for our family. Family members and professionals know you. We don't. Just because it worked for us doesn't mean it will work for you. Our sibling with RAD is severe-profound and ended up having to live somewhere else. Not all kids have severe-profound RAD. This is just our story.



Coloring spot can be anything to color. Sometimes it will be something we colored that helped us work through our thoughts. Maybe you can use it to help you be calm or when your sibling is struggling, you can go color.



Emotions spot: We feel strong emotions. We created a book together as a family to help us know how to help our emotions. Find what works for you and your family and add a page each time to your own emotions book.

Enjoy!

RAD sibs (and mommy)





Safe Space for RAD sibs



3



Encouragement:

You are creative! You can use your creativity for good.



HELPFUL SPOT:

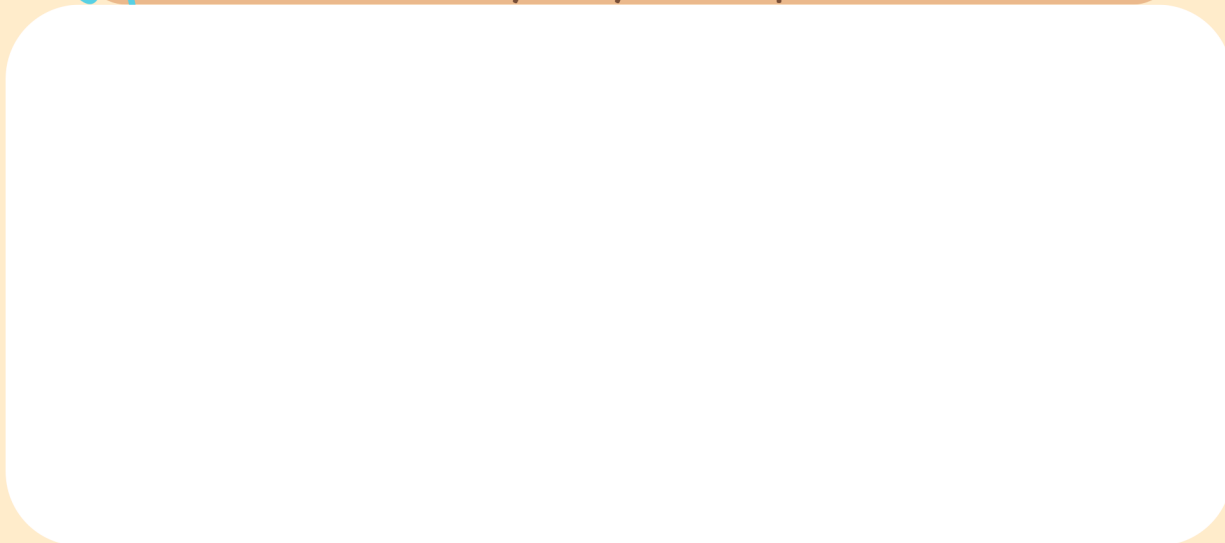
Boundaries are things you set for safety. You want to make sure there are places you feel safe. Your space bubble is space around you where others should not get too close without your permission. You can also have a boundary where people can't come in your room without permission. We practiced telling others to stay out of our room and yelling for our parents help if they didn't listen. Practicing with parents is a helpful way to know that everyone knows the rules and what happens if someone break the rules. This is a healthy way to set and hold a boundary.



COLORING SPOT:

Draw you as a superhero.

We already know you are a super hero! You are a RAD sib!



WHAT DO I DO WHEN I FEEL...? bored



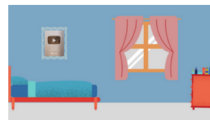
Color



Get a fidget



Play in my room



Do a job/chore chart



Read a book



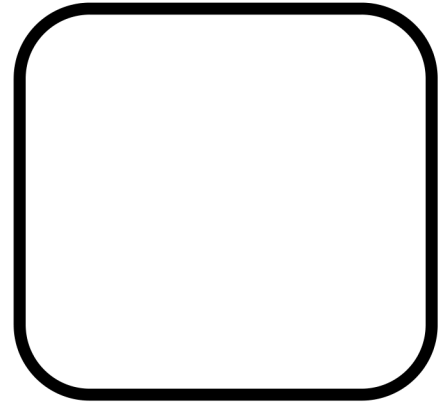
Play a game or puzzle



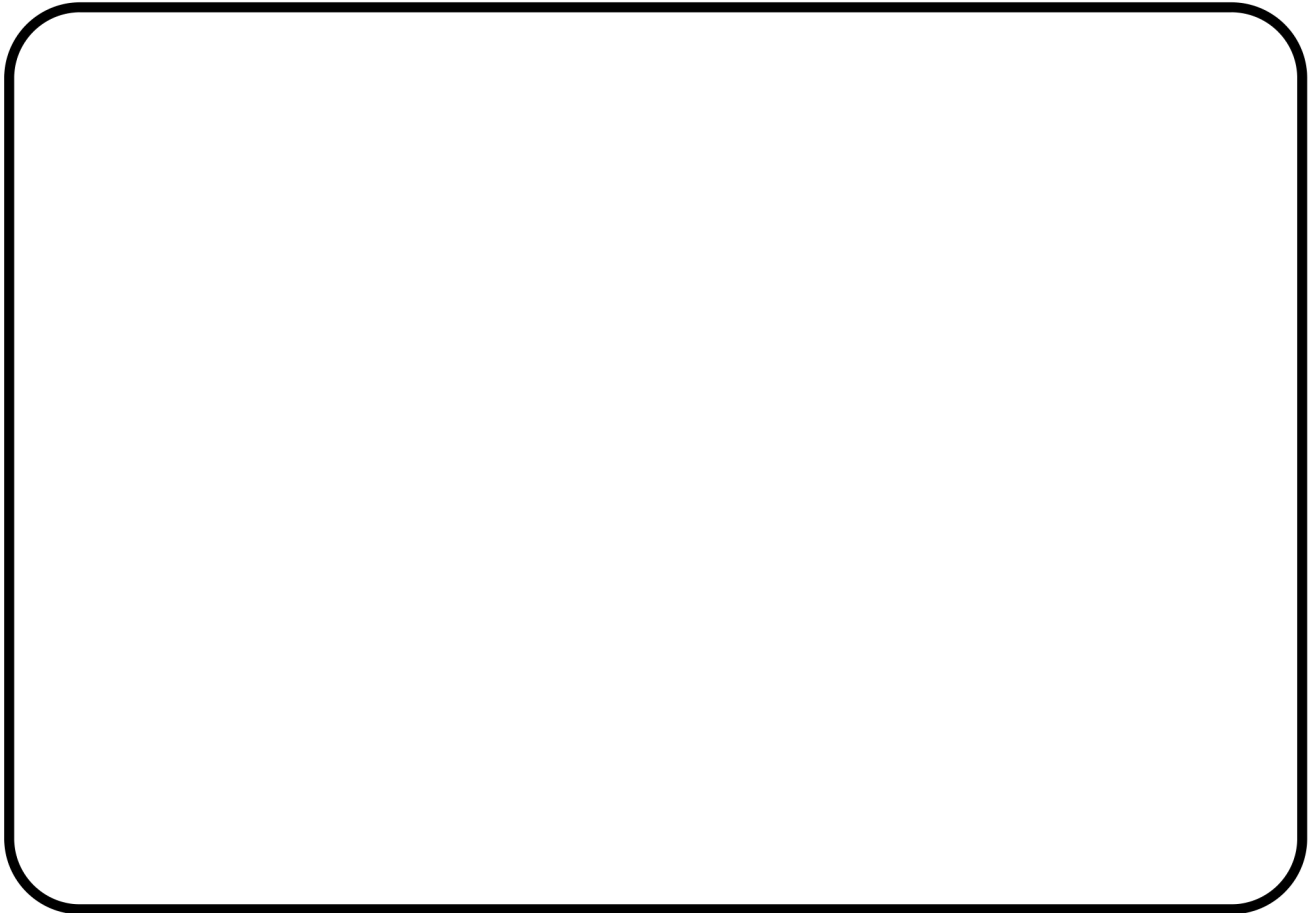


WHAT DO I DO WHEN I FEEL...?

draw
what
bored
looks
like



When I feel bored I can:





Safe Space for RAD sibs



Welcome letter

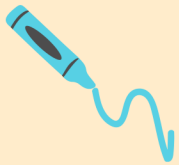


Hello,

We are some RAD sibs (and mommy). We want this safe space packet to be something that you can look forward to. We start with a spot to encourage you.



Next, we have a spot to share our helpful stories with you. This is where we talk about what worked for our family. Family members and professionals know you. We don't. Just because it worked for us doesn't mean it will work for you. Our sibling with RAD is severe-profound and ended up having to live somewhere else. Not all kids have severe-profound RAD. This is just our story.



Coloring spot can be anything to color. Sometimes it will be something we colored that helped us work through our thoughts. Maybe you can use it to help you be calm or when your sibling is struggling, you can go color.



Emotions spot: We feel strong emotions. We created a book together as a family to help us know how to help our emotions. Find what works for you and your family and add a page each time to your own emotions book.

Enjoy!

RAD sibs (and mommy)





Safe Space for RAD sibs



3



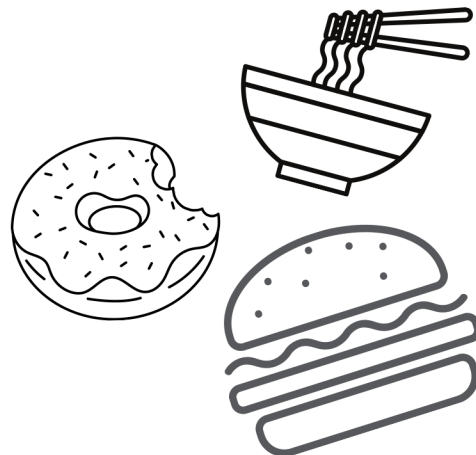
Encouragement: You are amazing!

HELPFUL SPOT:

You can play a game with your family. Our mommy would sit with our sibling with RAD. Mommy was helping keep us safe by keeping that kid close by. Sometimes rules were not followed and that made us feel disappointed or frustrated that it felt like cheating. Mommy explained the rules to that kid but also helped us keep playing even when things seemed unfair. Mommy was keeping the fits in check by choosing family time over arguing over the rules. Family movie nights were an easy way to have a fun family time. Our sibling liked snacks so we didn't see many fits during family movie nights because we always had snacks with the movie. That kid also sat in their own chair instead of on the couch. That kept things safer. What do you do for family together time?



COLORING SPOT: WHAT FOODS DO YOU LIKE TO EAT?





WHAT DO I DO WHEN I FEEL...? hungry



Help get the meal ready



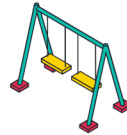
Offer to set the table



Ask for a piece of gum



Play



Draw



Read



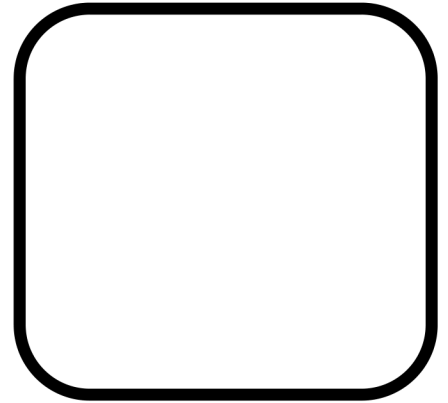
Write





WHAT DO I DO WHEN I FEEL...?

draw
what
hungry
looks
like



When I feel hungry I can:

