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| **Lack of Sleep** | |
| **Parents and Carers** | **Children** |
|  |  |

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| **What happens when we don’t let out enough string?** |
|  |
| **What happens if we let out too much string too quickly?** |
|  |

**CAR**

Child – how the child might be feeling?

Adult – what’s going on for you?

Request – a clear statement of what you’d like to happen next