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

|  |
| --- |
| **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