

What is Braincalm™?

- Physical exercises for the child
- In class help
- Changes at home

Braincalm™ is a simple, easy to follow but new system that helps children with Something Going On (S.G.O.) become calm, in control of their emotions and behaviours and more focused.

Helping these children is a 24 hour a day process.

What happens at home affects school and what happens in school affects home.

The Braincalm™ team have developed customised training for

Parents/Guardians

School Staff

Childminders & Others

In other words, everyone who cares for the child through the day.

We guide you through using the simple step by step Braincalm™ system.

Step 1 – The Braincalm™ Intensive Program

This gives quick relief to the fizzy brain. The Braincalm™ Intensive Program is a set of

- Specific physical exercises
- Completed in a specific order
- Each exercise is completed for a specific length of time
- The Braincalm™ Intensive program is completed 15 minutes a day, 5 days a week

Those who may be trained to complete it with children are

- a. Classroom Assistant
- b. Resource Teacher
- c. Parent/Guardian at home

*** Results have shown that a child responds best when the Braincalm™ Intensive Program is completed in school with school staff in groups of 3, 2 or one to one.



Step 2 – Bespoke Class Teacher Training

The child's teacher

- understands **why** the child is dysregulated
- ways to help the child settle, focus and therefore learn better in class

Step 3 – Learning Support Customised Training, Classroom Assistants/SNA's

For the child who participates in learning support sessions This training helps the learning support teacher

- understand the child's difficulties in learning
- teaches ways to boost learning during the learning support session using Braincalm™ techniques.

Step 4 – Empowering Parents and Guardians

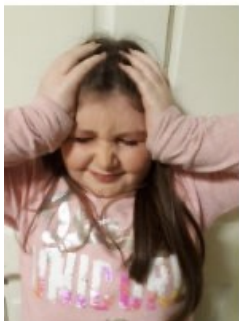
We empower parents and guardians with simple tools to help

- understand **why** the child behaves the way he/she does in no jargon language
- solutions and practical ways to
 - a. get the morning routine right
 - b. get the homework done
 - c. wind down time and sleep
 - d. and more

Step 5 – Specialised Training for Childminders & After School Staff

This training includes simple ways to help the child in the childminders home or after school setting

Before



After

