

The Just Right State Programme

Are you finding that everyday experiences with your child can be unpleasant or overwhelming? Does your child find transitions, a change of routine, new textures or tastes, or new situations upsetting and difficult to adjust to?



As a parent, it can be difficult to know how to respond when your child is finding change hard. The Just Right State Programme could help you and your child by helping children learn how to self-regulate their emotional states and behaviour.

The Just Right State Programme

Many of the children who we see at Beacon Family Services experience sensory difficulties. If you are out of tune with how things feel, managing your emotions can become more difficult. The Just Right State Programme, devised by Eadoin Bhreathnach, can help.

Children's Programme

Delivered over 6 sessions, The Just Right State programme looks at the use of sensory activities and foods, to help children learn how to self-regulate their emotional states and behaviour.

The programme uses cartoon characters called 'The Scared Gang' to represent the different survival patterns of behaviour. The different characters help children understand how each 'scared' character may react to different situations and shows children what each of the characters does to achieve their own 'Just-Right' state.

The goal of the programme is to enable children become more emotionally aware of themselves and others, to give them simple tools to enable them to self regulate and achieve the just right state, whether it is to engage in academic learning, interacting with their peers, or to be able to get a good night's sleep.

Parents' Programme

Over 6 sessions, parents attending the Just Right State Programme learn the developmental and attachment principles behind the children's activities and use of The Scared Gang Books. During the sessions parents discuss their child's behavioural problems and their goals for their child with the therapists. Parents will also complete a Sensory-Emotional Profile Questionnaire about their child which will help identify their child's sensory-attachment patterns.

Following each session parents are provided with tailor-made home and outdoor activity ideas for their child's pattern. Parents will be introduced to the therapy ball and its safe use at home. Parents will also learn basic strategies to manage their own stress levels. The aim of the programme is to enable parents to provide an enriched environment within the home that facilitates the core components of successful parent child engagement – the capacity to self regulate and to mutually regulate.

How the programme is delivered

The programme is delivered over 12 sessions: 6 sessions for the children. During Covid, this is delivered online with the parent present – and 6 sessions for the parents delivered without children present. Please note that parents will be asked to bring some items to session such as snacks, ball, playdough.

About those delivering the programme

The programme will be co-delivered by two Theraplay® therapists, including Charlotte Jenkins from Beacon Family Services. Both therapists are also trained in Sensory Attachment Intervention.

For more information or to sign up to the programme, please get in touch via our contact page on the website: www.beaconservices.org.uk/contact-us/.