

SPECIFIC APPROACHES

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BASICS		BELONGING		LEARNING		COPING		CORE SELF					
Good enough housing	Enough money to live	Find somewhere for the child/YP to belong		Make school/college life work as well as possible		Understanding boundaries and keeping within them		Instil a sense of hope					
		Help child/YP understand their place in the world				Being brave		Support the child/YP to understand other people's feelings					
Being safe	Access & transport	Tap into good influences		Engage mentors for children/YP		Solving problems							
		Keep relationships going											
Healthy diet	Exercise and fresh air	The more healthy relationships the better		Map out career or life plan		Putting on rose-tinted glasses		Help the child/YP to know her/himself					
		Take what you can from relationships where there is some hope				Fostering their interests		Help the child/YP take responsibility for her/himself					
Enough sleep	Play & leisure	Get together people the child/YP can count on		Help the child/YP to organise her/himself		Calming down & self-soothing							
		Responsibilities & obligations						Remember tomorrow is another day		Foster their talents			
Being free from prejudice & discrimination		Focus on good times and places		Highlight achievements		Lean on others when necessary							
		Make sense of where child/YP has come from											
		Predict a good experience of someone or something new		Develop life skills		Have a laugh		There are tried and tested treatments for specific problems, use them					
		Make friends and mix with other children/YPs											
ACCEPTING		CONSERVING		COMMITMENT		ENLISTING							