FAMILY LIFE AND WELLBEING

# Parent and Carer Wellbeing Planner

Free download · My SEND Friend Shop

A gentle weekly planner for noticing your own energy, support and rest, alongside caring for a child with SEND.

This is general information and a planning tool, not medical, mental-health or social-care advice. If you are in crisis, contact emergency services or a local crisis line. A checklist cannot measure how good a parent you are.

**Who this is for**

Parents and carers who need a private, low-pressure place to plan small supports for themselves.

**What is inside**

- A kind starting page
- A weekly planner
- A support map
- A "one small thing" review

**Please read this first**

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

# You are allowed to be in the picture

Caring can squeeze out sleep, food, friendships and health appointments of your own. This planner is not a productivity challenge. Use as little of it as helps. If filling it in feels like another job, put it down.

**My name, if I want it here**

**The week beginning**

**One person I could tell if I am struggling**

# This week, honestly

### How my energy and mood have felt, in a few words

### Sleep, food, and any health appointment I have been putting off

### What has been heavy in the caring this week

### Anything that already helped, even a little

# A light weekly planner

Leave most boxes blank on purpose. Add only rest, support, or one realistic personal thing if you want to.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| A pause I might take | | | | | | | |
| Someone who might help | | | | | | | |
| Something of my own (optional) | | | | | | | |

# My support map

**People I can message or sit with, even briefly**

**Practical help I could ask for (school run, a meal, a form, an hour in the house)**

**Services I could look up (GP, carers' support, SENDIASS, a local group)**

**One small thing I will try this week, or permission to do nothing extra**

# Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

## Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

**A reminder about this free pack**

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together