BUNDLES AND STARTER KITS

Family Life Bundle

Free download · My SEND Friend Shop

A free bundle of family-life planners: a parent and carer wellbeing planner, a sleep diary, a family routines planner, a low-pressure mealtime planner, and sibling activities.

These are gentle planning tools, not medical, dietetic or mental-health advice.

Who this is for

Families and supporters who want these packs in one download.

What is inside

- Parent and Carer Wellbeing Planner
- Sleep Diary and Bedtime Support Pack
- Family Daily Routines Planner
- Low-Pressure Mealtime Planner
- Sibling Understanding and Support Activities

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.

What is in this zip

This is a free My SEND Friend Shop bundle. Each pack is a separate PDF. You can print only the pages you need. The same packs are also listed individually in the shop.

Open the files on a device if you want to type into the fillable fields. Some browser previews do not reliably save form entries — use a PDF reader, then save a copy.

- Parent and Carer Wellbeing Planner (parent-and-carer-wellbeing-planner.pdf)
- Sleep Diary and Bedtime Support Pack (sleep-diary-and-bedtime-support-pack.pdf)
- Family Daily Routines Planner (family-daily-routines-planner.pdf)
- Low-Pressure Mealtime Planner (low-pressure-mealtime-planner.pdf)
- Sibling Understanding and Support Activities (sibling-understanding-and-support-activities.pdf)

A simple order you could use

The first pack I will open, and why

Questions I will take to SENDIASS, a welfare-rights adviser, or another service, if I need advice

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.

- The individual packs in this zip, also listed separately in My SEND Friend Shop
- mysendfriend.co.uk

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.

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