FAMILY LIFE AND WELLBEING

Parent Capacity and Burnout Check-in

Free download · My SEND Friend Shop

A private check-in for noticing strain, capacity and the support you might need, without scoring yourself as a parent.

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. If you feel unable to keep a child safe, or you are in crisis, get help now — emergency services, a GP, or a local crisis line, as fits the situation.

Who this is for

Parents and carers who want a quiet way to notice when they are running on empty.

What is inside

- A gentle framing
- A check-in
- A "what would help" page
- A next-step list that stays small

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.

Capacity is not the same as love

You can love a child and still be exhausted, angry, lonely, or afraid you are failing. This check-in is for you. It is not evidence for or against you, and it should not be used as a form against a parent. Share it only if you choose to.

A private check-in

Sleep, food, and how my body has felt lately

Mood, worry, or numbness I have noticed

How I am with the people I care for, and with myself, on a more honest day

What I have stopped doing that used to keep me going

Anything that feels unsafe, or too close to the edge, that I need help with

What would help, in realistic terms

Practical help (a break, a form, a lift, a meal, someone in the house)

Someone I could talk to — a friend, GP, carers' support, or a helpline

One next step I might take, or permission not to take one today

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