



Why should we try the PLAN approach?

Sometimes, a child may come to our attention because they are finding it difficult to cope in school or at home. The way they behave has consequences for them, for staff, for their families and for their peers.

This may present as:

- Difficulty with attention and concentration
- Zoning out – in a world of their own
- Being disruptive to their own learning or that of peers
- Being unable to settle in the classroom – always on the move
- Being unable to accept direction - Counterwill
- Having problems relating to others
- Feelings of anxiety
- Violence and aggression
- Traits of ASD/ADHD

When this happens, and a child's learning and wellbeing are affected by any of these elements, the best way we can help is to look at them in a holistic way and examine multiple aspects of their world to gain a complete picture. By using a PLAN (Personalised Learning Attachment Nurture) approach we are aiming to see things from the child's point of view and ask "What is it like to be them?". By doing this we hope to help pupils feel safe, energised, organised, alert or calm at the appropriate time. If we add to this some positive nurturing experiences with patient, attentive and flexible adults we are providing the appropriate structure and activities to help children feel more ready to respond to the demands of the world around them.

