

Subject: Supporting Leo Through Big Feelings

Dear Amanda,

Today, Leo experienced a moment of emotional overwhelm during indoor play. In that moment, they expressed their feelings through physical behaviour, including hitting his educator on the arm with a wooden block.

We want to reassure you that Leo is safe and that our team responded calmly and supportively to help them regulate. No other children were harmed, and we've documented the incident in accordance with our service's policies and procedures.

We understand that children communicate through behaviour—especially when they're navigating big emotions, sensory overload, or developmental transitions. Our goal is to support Leo in learning safe, connected ways to express those feelings.

To do this, we'd love to work with you to:

- Review or co-develop a behaviour support plan
- Share strategies that work well at home
- Explore any recent changes or stressors that may be impacting regulation
- Ensure Leo feels safe, understood, and empowered across environments

We deeply value your partnership and insight. Please let us know a time that suits you for a brief conversation or meeting. Together, we can create a consistent, nurturing approach that supports Leo's wellbeing and development.

Warm regards,

Lorina.N
09/2/25