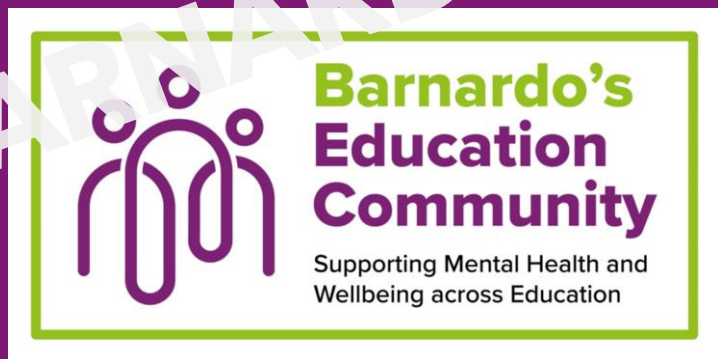


# The Invisible Backpack Package



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# Overall aims of the package:

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- To **explain the importance of a relational approach** in supporting babies, children, and young people (BCYP).
- To **introduce the Invisible Backpack metaphor**.
- To **consolidate understanding research and evidence** relating to the impact of early relationships and childhood experiences.
- To **review practice and provision** when working with BCYP who may be carrying an invisible backpack.
- To **identify strengths and areas for development**.

# We are going to focus on...

## Our understanding

## Our environment

## Our approach

## Our strategies

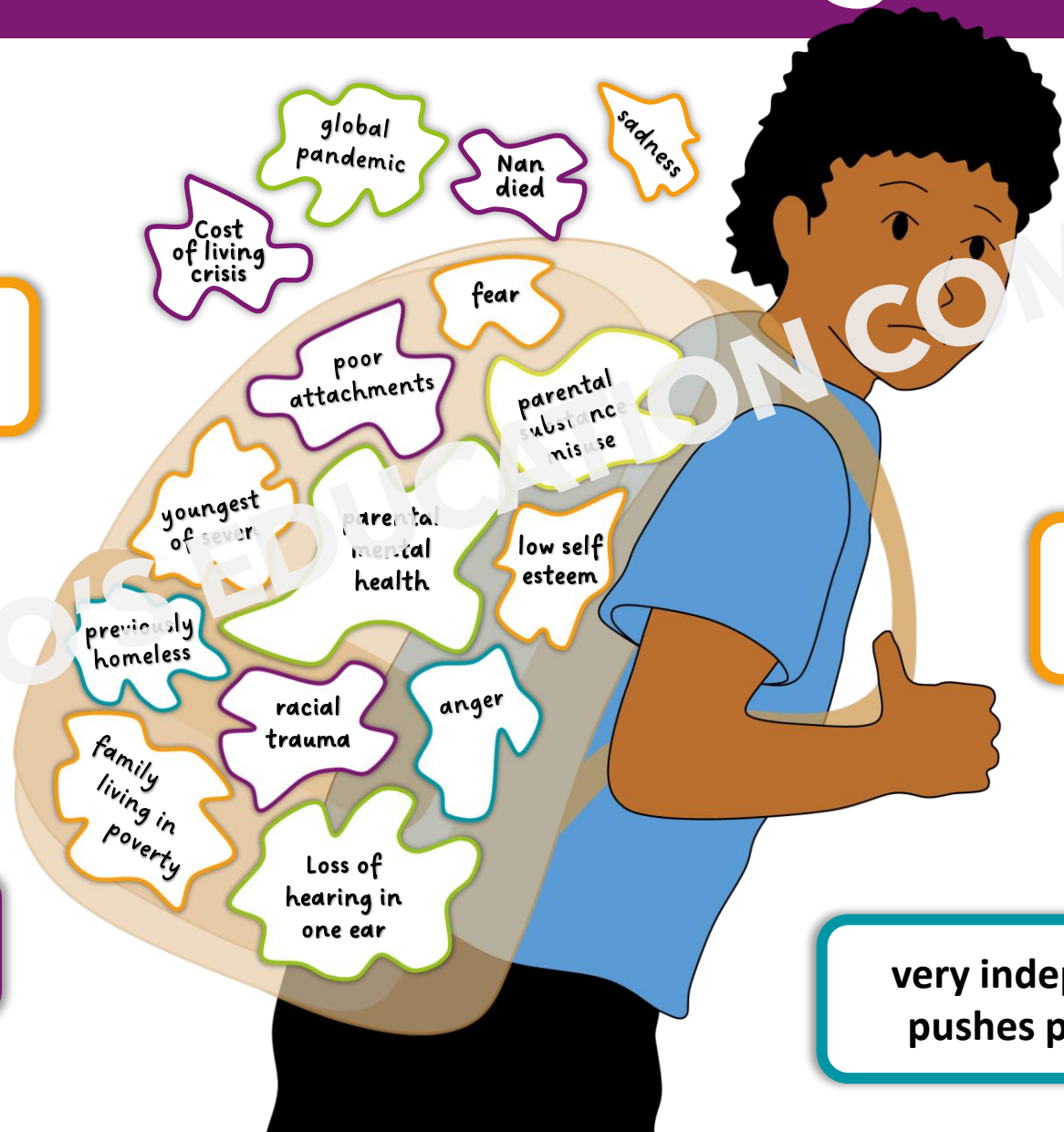
- What we *know* about... (**our understanding**)
- What *values and ethos* underpin our work with... (**our approach**)
- What we *create* for... (**our environment**)
- What we *have in place* for... (**our strategies**)

...babies, children and young people who may be carrying an invisible backpack.



**What 'items'  
might be in  
a child's  
invisible  
backpack?**

# An overflowing backpack



bullying behaviours towards others

often & easily triggered

intensifying emotions

poor eye contact

becoming a school refuser

refusal to participate in lessons

often lying & blaming others

escalating violence towards staff & peers

refusing help from members of staff

very independent and pushes people away

global pandemic  
Nan died  
sadness  
Cost of living crisis  
fear  
poor attachments  
parental substance misuse  
youngest of seven  
parental mental health  
low self esteem  
previously homeless  
racial trauma  
anger  
family living in poverty  
Loss of hearing in one ear