

# My supervision action plan



Think about when, where and how you will supervise your dog and child, and write down your plans below. The more precise, concrete and personal your plans are, the more helpful they're likely to be.

Activity/task	Timings	Responsibility	Location	Tools

Which obstacles or barriers might interfere with your supervision plans? How could you overcome these problems? Write them down below.

**Remember**, aiming for perfection immediately isn't always realistic and can put pressure on you in such a way that you might give up trying altogether. Sometimes aiming for small improvements and changes is a much more helpful starting point. Change can take time, especially if we intend to stick to those changes long term, so give yourself permission to start with aiming for 'better' rather than 'perfect'.

Possible obstacles or risks		What can I do to prevent problems?
	<p><b>Think about:</b></p> <ul style="list-style-type: none"><li>- tasks or chores that may take time away from supervision</li><li>- children's behaviour</li><li>- household layout</li><li>- recognising risky situations</li></ul>	
	<p><b>Consider if you can:</b></p> <ul style="list-style-type: none"><li>- ask another adult to supervise at busy times</li><li>- involve the child in the tasks you're doing</li><li>- purchase a baby gate</li></ul>	
		