

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
Be in the same room and look for child behaviours I know my dog finds uncomfortable	Whenever my child & dog are interacting. Particularly whilst in the living room together.	Any adult who is in charge of closely supervising.	Mainly in the living room but in shared spaces generally.	The baby gate should I want to separate the two if the dog is feeling uncomfortable.
When I am distracted during meal times I will put my dog in their crate or in another room.	During breakfast and at dinner time (before and after school).	My responsibility as I'm usually present at meal times.	In the kitchen/dining room where we eat our meals.	Treats to lure the dog to their crate, or another quiet space.
Throw a dog treat so that my dog can move away if they feel uncomfortable.	Any time my child and dog are interacting and either seem unhappy in the situation.	Any adult who is supervising at the time.	Mainly the living room or kitchen area as this is where we spend most of our time.	Treats kept in different rooms so they are always available when needed.

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

- An unexpected visitor knocks on the door.
- I need to hang up the laundry before going to work but no other adult home to closely supervise.
- I need to cook dinner and would be distracted whilst supervising.

Think about:

- tasks or chores that may take time away from supervision
- children's behaviour
- household layout
- recognising risky situations

Consider if you can:

- ask another adult to supervise at busy times
- involve the child in the tasks you're doing
- purchase a baby gate

What can I do to prevent problems?

- Close the baby gate so my dog can't get to the front door and bring my child with me when I answer the door to ensure they are separated.
- Bring my dog with me whilst I hang up the laundry. I can even offer them a chew to enjoy whilst I finish the task.
- Ask my partner or another adult in the home to closely supervise so that I can focus on cooking meaning they (child and dog) both remain safe.

