

**BRIXTON
HOUSE**

**CLEAN
BREAK**

Baby

»» Self-Care Guide



What is Baby?

Baby is a bold, epic 'one-hander' play written by Gurpreet Kaur Bhatti, co-produced by Clean Break theatre company and Brixton House theatre.

The play tells the story of *Baby*, a witty, sharp, raw, at times confrontational woman. *Baby* shares her life story with the audience, from childhood up to the present day. We learn of the unending challenges she faces and the failures from every service she encounters from childhood through to present day.

Throughout the play, *Baby* directly addresses the audience, compelling us to advocate on her behalf. The play demonstrates how impossible it is for *Baby* to build the life she wants for her and her child (Bliss), but leaves the audience with a glimmer of hope, asking them to take *Baby's* story with them as they move through the world.

Age recommended 14+

Why self-care?

Baby might be challenging to engage with, especially if you are personally affected by the content. This guide will help you look after yourself before, during and after seeing the play.

This guide includes:

- » Self-care introduction
- » Self-care suggestions
- » Helplines and support
- » Content notice list (contains some spoilers)
- » Further reading and resources about self-care

What does 'self-care' mean?

The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced.

Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

- Audre Lorde,
a Black Feminist and
pioneer of self-care.

Self-Care Suggestions

Check the content notice list

This will help you prepare for any difficult bits or decide if the play is right for you.

Try a Grounding Exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment to relieve distress.

Watch with someone

Ask a friend or someone you trust to watch the play with you.



Grounding Exercises

There are many ways you can do this before, during or after seeing the play:

- » Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
- » Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
- » Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.
- » Connect with water by washing your hands, having a shower or taking some sips.

Self-Care Suggestions

Watch Clean Break's Creative Wellbeing video series

On our Knowledge Hub we have three videos that guide you through some creative wellbeing exercises. These include [movement](#), [singing](#) and [mindfulness](#).



Find some nature

After the play, go for a walk if you can, experiencing nature can be beneficial to our wellbeing and help us feel grounded.



Talk to someone

If you find the content distressing, try talking to someone you trust, or contact one of the organisations we have listed below.

Know if you need to step away

There is nothing wrong with deciding that you would rather not see the play if you know the content will be activating. Equally, please know that you can leave the theatre at any time if you decide you need to step away.

Helplines and Support*

» **Advance** - Support for women who have experience of the criminal justice system, or who are survivors of gender-based violence.
advancecharity.org.uk

» **Birth Companions** - a charity advocating for better care, equity and justice for pregnant women, mothers and babies.
birthcompanions.org.uk

» **Change Grow Live** - free and confidential treatment, support and information about drug and alcohol use, smoking, homelessness, justice and probation, and employment.
hangegrowlive.org

» **Children Heard and Seen** - a charity supporting children with a parent in prison.
childrenheardandseen.co.uk

» **One in Four** - support for adults over 18 who have experienced child sexual abuse.
oneinfour.org.uk

» **Rights of Women** - a charity providing frontline legal advice for women experiencing all forms of violence.
rightsofwomen.org.uk

» **Unlock** - provides a voice and support for people who are facing stigma and obstacles because of their criminal record.
unlock.org.uk

» **Women in Prison** - supports women affected by the criminal justice system and campaigns to end the harm caused to women, their families and our communities by imprisonment.
womeninprison.org.uk

**While we may provide links to external organisations that we consider relevant or useful, we do not accept any liability in connection with any information or services they provide.*

Content Notice List

NB: this list contains minor spoilers as it includes many of the themes that arise in the play's storyline.

This play contains the following content:

- » An abstract, clinical setting
- » Sound of a heart monitor
- » Experience of the criminal justice system including, arrest, prison and probation
- » Sex work linked to addiction
- » Child neglect and hunger
- » Drug and alcohol use
- » Social services
- » Child sexual abuse
- » Violence including gender-based violence
- » Class dynamics
- » Very strong language
- » Toxic relationship dynamics
- » Grooming
- » Organised crime
- » Sounds of sirens
- » Self-harm
- » Birth in prison
- » Separation of mother and child
- » Foster care
- » Insecure housing
- » Arson and burns
- » Hospital setting



Further reading and resources about self-care

This guide takes inspiration from **20 Stories High** and **The Survivor's Trust**.



London Survivors Gateway self-care guide -

this guide has been written for people who have experienced sexual violence, but it includes lots of helpful self-care tips which could be useful for anyone.



Anna Freud Self Help Hub - this resource hub has been created for young people, but it contains lots of self-help tips and suggestions which anyone could find useful.

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