

Go to

Creating a calmer home

Small changes can have a big impact!

Daily battles, no matter what age or stage your child is, can be a common experience for parents.

Some days are more challenging than others.

At times, we can become overwhelmed, losing sight of what we are doing and how best to respond to our children.

When we are able to recognise this, we can-

Press Pause and take a step back.

Listening and pausing gives us time to decide the best approach.

Chose calm moments

In the heat of the moment, when arguments happen, we often feel angry and react, jumping in to discuss the rights and wrongs there and then, but it's highly unlikely we will resolve the situation if everyone is angry/upset.

Press pause-when emotions spill over, our bodies go into fight, flight or freeze response and we can't think straight.

Remember to Listen

Listening is a big part of communication.

By acknowledging your child's feelings & repeating their words, you help them to feel heard and understood. It can help diffuse a situation and build up trust.

By simply saying:

"I can see and hear you are upset about...."

Can make a difference.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

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Making changes to how we respond to behaviour can take time, consistency and perseverance - but it pays off when we see positive results!

Using the Pause between Behaviour and Response

Gives time to calm and use our thinking brain;
Considering the most effective next steps.

Just because we have an emotional reaction on the inside doesn't mean we have to react on the outside!

We can pause & breathe, letting the urge to react arise and then go away.
Sometimes, this can take only a few seconds.

Other times, we might need to remove ourselves, if safe to do so, and give ourselves more time to calm down before we respond.

Offer choices

A great way for parents to assert themselves is by handing over some healthy control to the child - in the form of allowing the child to make choices.

"When you finish homework, you can play outside."

Rather than insist your child do something, give them options.

For more ideas...

'The Yes Brain Child' Siegal & Payne Bryson

'There's no such thing as the naughty step'

Kate Silverton

'The A-Z of Therapeutic Parenting' Sarah Naish.

Focus on needs

All behaviour is communication.

Behind every behaviour that challenges, your child is communicating a need.

Thinking about what might be driving the behaviour and what your child needs, will help shape your response, making it more effective and compassionate.

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