

Go to

Peaceful connections at home



Relating, connecting and respect

Every parent/child relationship is unique. The closeness & means of communication will vary over time, ups & downs are inevitable. The normal process of 'Rupture and Repair' can be very healthy. It is the way young people learn to disagree, negotiate & make-up. Sometimes however, the balance of a parent/child relationship can move beyond healthy and acceptable limits. It is important for everyone's sake, to recognise when safe limits have been breached, and to know when to reach out for support.

Most children and young people gradually develop the skills they need to regulate their big emotions. If children do not learn these self-regulation skills, they can develop unhealthy coping strategies. They can put increasingly difficult mental & physical pressures on parents to absorb the feelings they can't handle on their own.

This can become serious and present as child to parent aggression.



Challenging behaviour is normal with children & young people, but if ongoing, the following behaviours ARE NOT OK...

- ! Physical - lashing out e.g. hitting, shoving, breaking things, animal cruelty.
 - ! Verbal - deliberately directing abusive language at another person.
 - ! Emotional- manipulation of feelings, making threats to hurt self or others
 - ! Financial- demanding money, stealing
- Please reach out. Caring support is available for both of you.



Experiencing these feelings at home is NOT appropriate
intimidated afraid
isolated insecure
ashamed helpless
controlled
unsafe unsupported
It's time to seek support



Listen to your internal warning-bells if you are living with...

- ! Fear of upsetting the other person
- ! Having to 'walk-on-eggshells'
- ! Receiving constant criticism & put-downs
- ! Receiving hurtful comments & 'only joking'
- ! Being deliberately embarrassed/belittled
- ! Feeling undermined and unable to trust yourself or your judgement.



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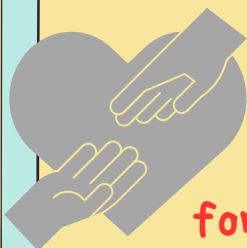


'Flipping your Lid'
Dr Dan Siegel's
3min video helps us to
understand what
happens to our brain
when we become
emotionally
overwhelmed & unable
to think rationally.

<https://www.youtube.com/watch?v=gM9C1J740xw>

So what can be done?

- * Take time to consider your own needs & take care of your own well-being wherever and whenever possible. Small daily changes can really make a difference to how well you are able to cope and keep everyone safe.
 - * It can be very difficult to think clearly when under difficult pressures. Try not to allow any false feelings of guilt or shame to take hold of your reasoning.
 - * Reaching out, even anonymously, will help to break the cycle. You will be giving all of you a chance to find the help you need.
- Remaining silent increases the risk for everyone and nothing will improve.**



Consider an advance safety plan.

- Tell someone else what is going on.
- Keep your mobile easily accessible.
- Agree an easy call sign for help.
- Have a safe, lockable space to shelter.
- Keep some money & spare keys handy.
- Keep a private, secure diary of events.



If in immediate danger call the police

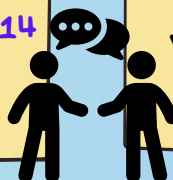
PSNI 999 (emergency) 101 (non emergency)

Women's Aid NI 028 90249041

Domestic & Sexual Abuse Helpline 0808 8021414

Men's Advice Helpline 0808 8010327

Childline 0800 1111



Coping day to day

- * Try, if possible, to maintain predictable family routines.
- * Try to notice and praise any positive behaviours.
- * Try to notice the patterns & triggers of higher tensions.
- * Try to create opportunities for non-judgemental talking.
- * Try to be aware of your own ways of communicating, both verbal and non-verbal.

In the moment, to protect your own feelings, try to remember...

- * Your child's anger is caused by big emotions they cannot manage on their own.
- * Angry emotions are being projected on to you, but this is NOT your fault.
- * In the moment, your child's angry brain has no capacity to hear reason.
- * Seeing beyond the behaviour, to your child in need, can really help you to cope.

We here to listen, support or advise anytime. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

