

"Any period that is marked by a change in children's lives can create tension and challenges for our parenting. The principles of **therapeutic parenting** can be a guide for us and can provide an opportunity for us to learn and grow as a family. Like a fingerprint each member of our family is unique bringing with them their own challenges and gifts." Dr Agli Zavros-Orr

Supporting children during the period of social distancing and learning from home involves finding out and implementing what work for each family. Here are some ideas you can consider:

Therapeutic parenting is...

Sharing responsibility

This means figuring out each person's routine (keeping it keeping in mind **age, skills and abilities**) and including in the routine responsibility/ies.

Sharing each person's routine and talking about it – noticing similarities and differences and explaining these.

Mum's routine includes....because...

Dad's routine includes ...because...

Jack's routine includesbecause....

Giving a reason helps children understand why there is difference in available choices and expectations.

Therapeutic parenting is...

Using **compassion** and **mindfulness** and applying this to learning.

We all make mistakes when we are learning new thing or ways of working or dealing with change.

Be curious and ask:

"How might we do this differently tomorrow?"

"What resources do we need to help us do this better?"

"Tell me about your day"...and listen without judgement

Therapeutic parenting is...

Sometimes **going back** to the start in order **to move forwards**.

Says: *"This did not work. Ok, we need to think and try again. The next time let's think about..."*

Getting children to draw, write down or talk about their day is a way of reflecting and communicating to others about what has been happening for them. It might also communicate something about what they are hoping might happen.

Therapeutic parenting is...

Active listening, and hearing without judgement what is being said by our children.

They are trying to figure things out and to cope with the change or expectation of them from different people. This Chinese character includes all the aspect of active listening.



<https://www.pinterest.com.au/pin/46654546123805932/>

Therapeutic parenting is...

Not being permissive but having clear rules that are about respective self, others and the world around us.

Having natural and clear consequences that are meaningful for learning and growth.

Saying:

"I can see you are upset, but ..."

"I can tell that you are worried but..."

"I can hear that you are angry but..."

"I can feel that something is on your mind but..."

"I notice that you how can I help you. What do you need me to do."

Therapeutic Parenting is

Taking the **time to negotiate**.

Include children in decisions that are about them and where possible give them options to choose from.

Explain when a decision is necessarily out of their control, but that they can tell people how they feel about the decision.

This means any routine is flexible, but things in the routine are non-negotiable (you decide what these are for your family).