



Therapeutic Parenting

STRATEGIES AND SOLUTIONS



Absconding

What it looks like:

Child may sneak out, fail to return home at the expected time or walk out openly. You may be able to guess where your child is or you may be completely at a loss to your child's whereabouts. They can be missing for a few minutes, hours or days.

Why it might happen

- The need to feel in control.
- Lack of cause and effect thinking.
- Dysregulation/impulsivity.
- Shame avoidance.
- Feelings of hostility towards the parent/ care giver.
- A desire to break a forming attachment.
- Fear of a negative response from a parent/ care giver.
- Blocked trust
- Joining peer-group activities.

Preventative Strategies

- ✔ How easy is it for your child to leave unseen?
- ✔ Are your boundaries and rules age appropriate?
- ✔ Increase visibility and supervision.
- ✔ Have other supporting adults to help search.

Strategies During

- ✔ What was your child's state of mind? Do you need to contact the emergency services?
- ✔ Activate any phone apps that track your child's whereabouts.
- ✔ If they are safe, give the child space

Access further support via Wyre Family Hub

CONTACT

Children Family Well Being Service



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