



Therapeutic Parenting

STRATEGIES AND SOLUTIONS

Aggression

What it looks like:

- Hitting.
- Kicking.
- Punching.
- Threatening behaviour.
- Threatening language.
- Using objects as weapons.
- Throwing objects.
- Damaging Objects.
- Premeditated violence.

Why it might happen

- The need to be in control.
- Fear response, especially if they feel cornered.
- Sensory issues- sensory overload.
- Dysregulation, anger- acting in the heat of the moment.
- Shame.
- Fear of invisibility.
- Lack of empathy.
- Recreating a familiar environment (may have witnessed violence before)
- Impulsivity.

Preventative Strategies

- ✔ Practice calming strategies while child is regulated.
- ✔ Use phrases like 'I know you have a good heart' Explain that one way to help their thinking is to run around or jump up and down
- ✔ Attend courses on de-escalation techniques.

Strategies During

- ✔ As long as it is safe, don't block exits- let them run if they need to.
- ✔ Have a safe space for them to go to- allow them to calm down but maintain a presence near by.
- ✔ Use distraction techniques.

Access further support via Wyre Family Hub

CONTACT

Children Family Well Being Service



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