



Therapeutic Parenting

STRATEGIES AND SOLUTIONS



Arguing

What it looks like:

- Child questions/disagrees with everything the parents says.
- The child provokes and argument.
- The child says 'no' to everything.

Why it might happen

- Child needs to feel in control.
- Testing parent's boundaries.
- 'Automatic' arguing.
- Fear of invisibility.
- Unable to manage transitions.
- Rewards child with a reaction.
- Recreating a familiar environment.
- Lack of empathy- (unable to appreciate the viewpoint of another)
- Blocked trust.

Preventative Strategies

- ✔ Remember- it takes two to argue! Is a response actually required.
- ✔ Simple statements that allow you to disengage from the argument without ignoring your child.
- ✔ Try yes instead of no- 'yes you can have a biscuit later. After we have tidied up.'

Strategies During

- ✔ Empathise with the underlying need.
- ✔ Simply state what is required in a calm manner
- ✔ Stay close to your child without speaking about the topic your child is arguing about.

Access further support via Wyre Family Hub

CONTACT

Children Family Well Being Service



01253 741 117