



## Therapeutic Parenting

# STRATEGIES AND SOLUTIONS

### Controlling Behaviours

#### What it looks like:

- Giving adults instructions.
- Ordering other children around.
- General bossiness and rudeness.
- Blocking (entrances, exits, stairs, etc.)
- Rejection of house rules.
- Rearranging items.
- Taking space.

#### Why it might happen

- Fear of adults.
- Unable to manage transitions.
- Rewards child with a reaction.
- Lack of cause and effect thinking.
- Recreating a familiar environment.
- Trying to break a forming attachment.
- Blocked trust.

### Preventative Strategies

- ✔ Make life predictable and safe- routine and structure.
- ✔ Establish house rules and use visible wall charts and calendars.
- ✔ Have allocated spaces that do not change.
- ✔ Create as much of an open plan environment as possible.

### Strategies During

- ✔ Tell your child they are safe and you are in control
- ✔ Stay calm and stick to the routine and rules.
- ✔ Remove the target- if they are controlling the TV. Turn it off for a time.

Access further support via Wyre  
Family Hub

#### CONTACT

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