



Therapeutic Parenting

STRATEGIES AND SOLUTIONS



Defiance

What it looks like:

- Child ignores parent or others.
- The child appears not to hear.
- The child refuses to carry out a task they have been asked to do.
- The child continues to something they have been asked to stop doing.
- The child claims to have forgotten.
- The child refuses to move.
- The child moves very slowly.

Why it might happen

- Need to feel in control and powerful.
- Lack cause and effect thinking.
- Dysregulation- acting in the heat of the moment.
- Shame- avoidance of shame.
- Breaking an attachment.
- Fearful of a negative response from a parent.
- Fear of change/ transitions.
- Overwhelming feelings.
- Self-sabotage.

Preventative Strategies

- ✔ What is their emotional age?
- ✔ Is it defiance or is it hurt or fear?
- ✔ Be clear about what you can and can't control
- ✔ Be prepared

Strategies During

- ✔ Practise a neutral response when your child is showing defiance
- ✔ Use empathic commentary to give a narrative to what the child is feeling
- ✔ Give the child space

Access further support via Wyre Family Hub

CONTACT

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