



Therapeutic Parenting

STRATEGIES AND SOLUTIONS

False Allegations

What it looks like:

- Child says something has happened when it hasn't.
- Child misinterprets a small incident and claims it is much bigger.
- Child threatens to make an allegation.
- Child believes the incident has taken place, when it has not.

Why it might happen

- Child believes it has happened.
- The event did happen but child has confused the timeline.
- Lack of cause and effect thinking.
- Dysregulation- acting in the heat of the moment.
- Shame- attempting to deflect attention.
- Fear response.
- Separation anxiety.
- Boredom.
- Overwhelming need to be loved/important.

Preventative Strategies

- ✔ Communication is key
- ✔ Practice safe caring!- Leave doors open.
- ✔ If there is an incident, record it straightaway.
- ✔ Avoid over-reacting.

Strategies During

- ✔ Try and ground the child in reality
- ✔ Use open-ended question, like 'tell me more...'
- ✔ Access support for yourself.

Access further support via Wyre Family Hub

CONTACT

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