



Therapeutic Parenting

STRATEGIES AND SOLUTIONS

Overreacting Behaviours

What it looks like:

- Jumps or overreacts to a loud noise.
- Child makes dramatic statements- 'I almost died'
- Child laughs in a manic way.
- Child throws themselves to floor if someone brushes past them.
- Child screams even if the injury is only minor.
- Child acts as though the world has ended when told no or can't have their own way.

Why it might happen

- Sensory issue.
- A reaction to an earlier trauma.
- Fear of adults.
- Dysregulation.
- Child knows it is a trigger for the parent.
- Lack of cause and effect thinking.
- Fear of invisibility or being forgotten.
- Dissociation.

Useful Strategies

- ✔ React to your child as though they are reacting normally.
- ✔ Avoid getting into confrontations.
- ✔ Make statements about keeping safe together.
- ✔ A child may be overreacting but their fear may be real.

Useful Strategies

- ✔ Use empathetic commentary
- ✔ Have their hearing checked- some children can be very sensitive to sound.
- ✔ Some children have a reflex reaction to loud noise- this takes time to overcome.

Access further support via Wyre Family Hub

CONTACT

Children Family Well Being Service



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