



P.A.R.E.N.T.S



P-Pause

Try to respond calmly and consciously. This can be a big challenge but try and keep your cool.

A-Assess

Unless there is an immediate danger, try and assess the situation before responding.

R-Reflect

Reflect on the incident when it is over. What was the trigger? How did you react? How did they react?

E-Empathise

Try and use empathic commentary to give your child dialogue about their internal feelings.

N-Nurture

After you have empathised offer practical nurture.

T- Think

Consider the consequences to the behaviour carefully and try to do this when everyone is calm.

S- Self Care

Look after yourself. If you do not look after yourself, you cannot meet the needs of others.



Raising a child takes a
village

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Additional support

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Supporting Parents

**A Guide to Why Our
Children Do the
Things They Do.**





Often, we can be frustrated by our children's actions. Even more frequently, people around us do not understand how we live and what we are trying to deal with.

Professionals can often use language that feels complicated and overwhelming. To support parents, this leaflet breaks down some of the terminology used so that parents feel empowered in supporting their children.

Fear

Our children are often terrified of everyday objects, changes in routine, any type of transition, the dark, food... Fear is masked though, and we may experience it as anger or controlling behaviours.

Impulsivity

Our children often have high cortisol levels and are hardwired to respond to stress and risk very quickly. They lack the usual impulse controls and can often blurt out what they thinking, or act without thinking at all. This can look like ADHD but can be addressed with targeted strategies.



Lack of Cause and Effect Thinking.

Due to a variety of reasons for some children nothing is predictable. The basics of human existence make no sense, it is much harder for the more complex layers to be ordered into a structure that makes sense. They cannot project forward and think about how they might feel later. They lack empathy for their future self.



Lack of Empathy

Empathy is usually one of the last skills to develop. Our children need to have all their basic needs met before they can build on those and develop the more profound human characteristics such as empathy, gratitude and remorse. Children need to have this modelled for up to 7 years before they can start to genuinely experience and demonstrate it.

Lack of Remorse

Parents often panic a little that their child might be 'evil' because they show no remorse or empathy. Remorse is a sophisticated emotion which our children may not yet be able to access.



Fear of Invisibility

When our children are scared of being forgotten we see some of the most powerful behaviours, such as nonsense chatter, anxiety based behaviours, following and aggressive or rude behaviours designed to press the parent's buttons and forcibly remind them that the child is there!

Anger

We often see anger as a constant visible emotion in our children. Anger can be a defense mechanism to avoid showing sadness. In order to be sad, our children need to display vulnerability and this is something they don't feel safe enough to do, so they use anger like a protective shell.



Parenting is hard and our children can behave in ways that seem extreme or difficult to understand. Understanding why our children are behaving in a particular way is the first step to identifying a strategy that will help them.

