



Signposting for Therapeutic Parenting

This approach to parenting is often used by parents of children who have experienced some trauma in their lives which has an impact on their behaviour. However, Safe Families feel these strategies may be useful for **all** children, and for those on the Autistic Spectrum, with a diagnosis of ADHD or for any child who has high anxiety and therefore high cortisol and adrenaline levels.

Therapeutic Parenting is a highly nurturing style of parenting, and is based on principles of building safe, strong relationships that combine affection and comforting along with clear behavioural expectations and routines.

Therapeutic Parenting uses different strategies to standard parenting which supports and understands children with high cortisol levels and helps them to make new pathways in the brain.

This is because the fight/flight/freeze brain pathway becomes established with high stress levels. This part of the brain can become over sensitive and can be triggered even when there is no danger or threat.

This is a useful two-minute video that explains the brain process and is worth watching.

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

This four-minute video explains the impact of trauma using the creative medium of song.

<https://m.youtube.com/watch?v=fhI9KLwfpbM&feature=youtu.be>

This is the TED talk mentioned in the training.

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_a_cross_a_lifetime?language=en

The following link is the video about brain development.

<https://www.youtube.com/watch?v=LmVWOe1ky8s>



Therapeutic parenting encourages parents and carers to use the three R's to help their children - Regulate, Relate and Reason.

In standard parenting, parents usually try to use reason immediately after a meltdown. However, it is important to help your child to regulate and then to re-connect with them, before trying to use reason.

<https://beaconhouse.org.uk/wp-content/uploads/2019/09/The-Three-Rs.pdf>

Safe Families recommends this book:

'The A to Z of Therapeutic Parenting' by Sarah Naish

<https://www.amazon.co.uk/Z-Therapeutic-Parenting-Strategies-Solutions/dp/1785923765>

The article below explains Therapeutic Parenting in slightly more detail. There is quite a lot of information about TP if you want to google it

<https://www.goodtoknow.co.uk/family/therapeutic-parenting-what-it-is-and-how-it-can-help-you-and-your-child-421087>

If you would like to join the National Association of Therapeutic Parenting for more support, this is the link to their website;

<https://www.naotp.com/>

This is the link to the Therapeutic Parenting Facebook page;

<https://www.facebook.com/groups/therapeuticparents/?ref=bookmarks>

Also attached is an explanation of the PACE approach to your child's emotions and behaviour. This is a link to more information;

<https://ddpnetwork.org/about-ddp/meant-pace/>