

Therapeutic Parenting

What is Therapeutic parenting?

Therapeutic parenting is a research-based approach to help children who have experienced early trauma. The aim is to encourage feelings of safety and connectedness so that the child or young person can begin to deal with their experiences. We understand that this type of 'special parenting' can be difficult.

Being a parent/carer is hard at the best of times, caring for a child who has experienced with complex needs can mean that you feel 'lost' and unable to understand or connect with your child. Parents/carers also carry stress from their own lives as well as parenting their children.

'Parenting' problems arise when reality doesn't match the expectations. Usually parents/carers try their best to live with the problems until they become unbearable. Everything can feel hopeless and you can feel helpless.

Consultations give you the opportunity to make sense of your relationship and acknowledge the difficulties without blame or shame while increasing your understanding of therapeutic parenting. Sessions will help you put Therapeutic parenting into practice at home, provide a space to reflect and off load.

Typically covered in consultations

- Early Developmental Trauma & Attachment
- Creative ways to aid regulation, boost bodies and build connection
- Therapeutic parenting strategies
- Behaviour presentations at home/school
- Self-care
- Blocked Care

Sessions draw on:
Playful Acceptance Curiosity and Empathy



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