

Cavendish Parent Workshops

Reason



Week 3 - Reason



First Regulate



how?

Soothing language

Safe space

Allow time

Regulate yourself



why?

*You can't learn or reflect in
fight/flight/freeze mode*

*Stress responses need to be
calmed first to engage the
thinking brain*

Next Relate



how?

Accept and acknowledge their feelings

Connect - with empathy

Be curious

Share your own experience

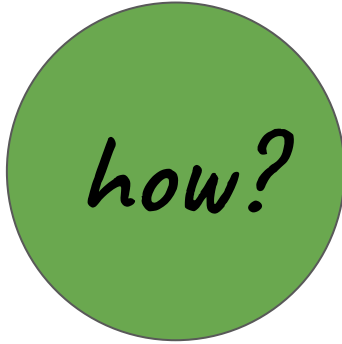


why?

“the most powerful buffer in times of stress and distress is our ability to connect”

Connection produces oxytocin which calms the nervous system

Then Reason



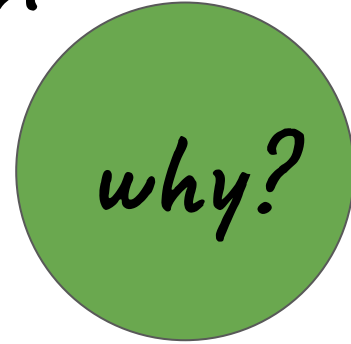
how?

Learn the language of emotions

To make it right after a mistake

Natural v's logical consequences

Talk about what to do next time

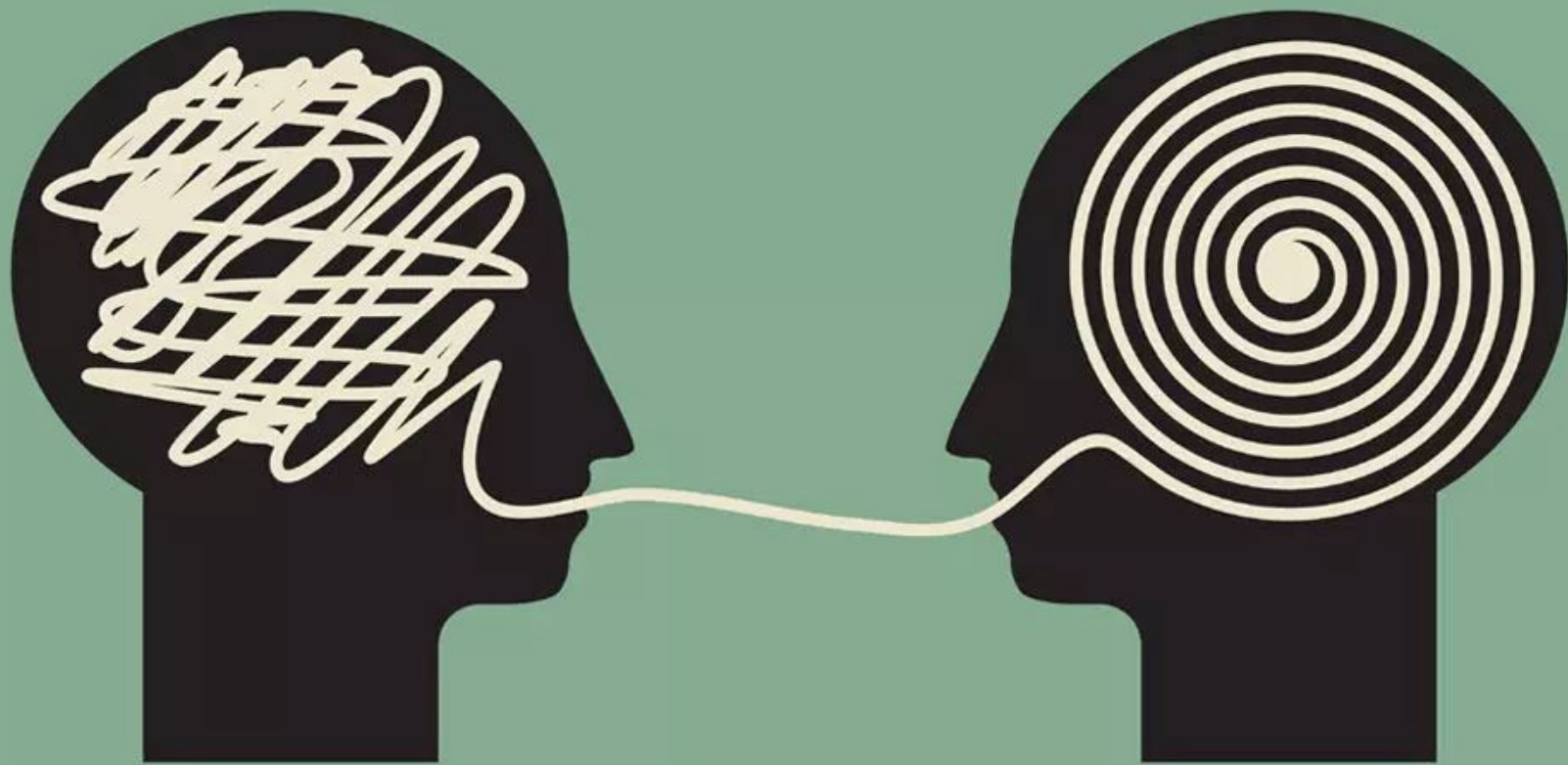


why?

Discipline is essential

Trust

*Helps in times of distress in
the future*



Rupture and Repair

Rupture is inevitable, repair takes work

Not knowing how to repair leads to :

Playing it safe and not being authentic

Shallow unsatisfying relationships

Silencing

Fawning



Repair is more than "I'm sorry"

It's also:

My response = my responsibility

Can we try this again

Own the impact the rupture has on you has listen to the others version

Never say "I'm sorry but . . ."

react in anger or respond in love

The importance of boundaries



Setting boundaries . . .

is a way to keep us all safe

it is a way of taking care of myself

I'm not being mean or selfish

I'm being the SAFE BOSS!



Discipline is essential!

Discipline should always feel safe and loving - it should never be shaming or humiliating



Discipline is essential!

Discipline should be about teaching the child how to build skills for the future

Three R's of Logical consequences

Related - to the negative behaviour

Respectful - in the way it communicated
and enforced

Reasonable - for the child's age and
understanding

If your child is being silly and spills their
drink, they must clean it up

If the bike is left outside, it goes away

Fighting over a toy? Its removed for 10 mins

Natural consequences

Direct link between cause and effect

Not adult imposed

Most likely to change behaviour

If you don't take a coat you might get cold

If you don't do your homework you won't get

Dojo's

If you're mean to your friends you won't have
any friends

Discipline is essential!

Natural consequences

However natural consequences aren't always appropriate.

For example, dangerous or antisocial behaviour could lead to your child or someone else getting hurt. Likewise, regularly not doing schoolwork isn't good for your child's learning.

In these situations, you can't just ignore your child's behaviour. You need to step in to guide your child, which might involve using a different type of consequence.

Discipline is essential!

All behaviour is communication - so they need us most in those challenging times



Discipline is essential!

Dr Dan Siegel “science shows being attentive to emotional needs is the most effective approach to changing behaviour over time, as well as developing their brains in ways that allow them to handle themselves as they grow up” Mum gets me so I can trust her.



**Name it
to
Tame It**

Storytelling

Remember when . . .

And then what happened . . .

And then you felt safe.

That must have been so scary/sad/frustrating

I would feel the same.

Discipline is essential!

Instead of Command and Demand try Connect then Redirect

Connect with the right before redirecting with the left

Be the lifeguard who swims out and puts their arms around your child and brings him safely to shore before telling him not to swim out so far next time



Discipline is essential!

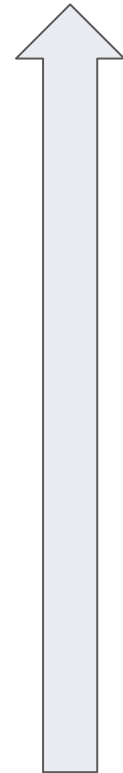
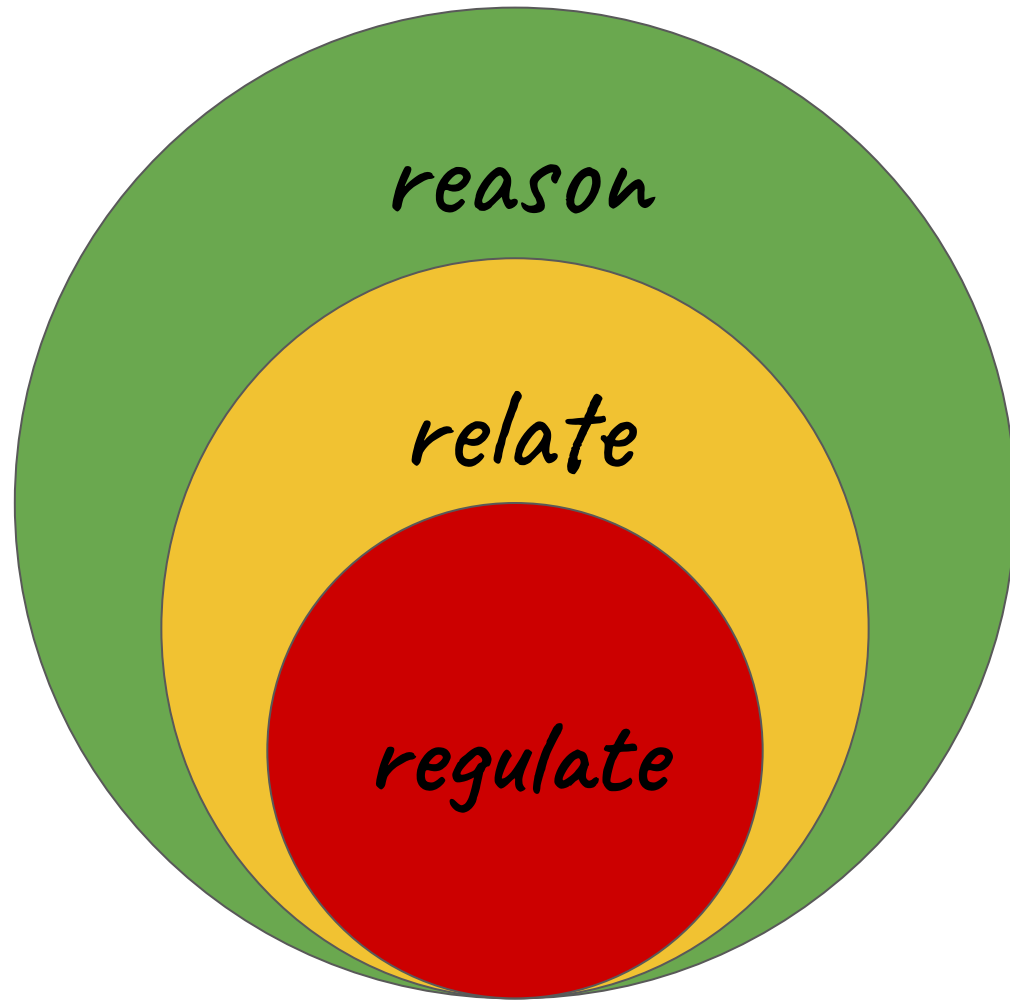
Instead of command and demand . . .



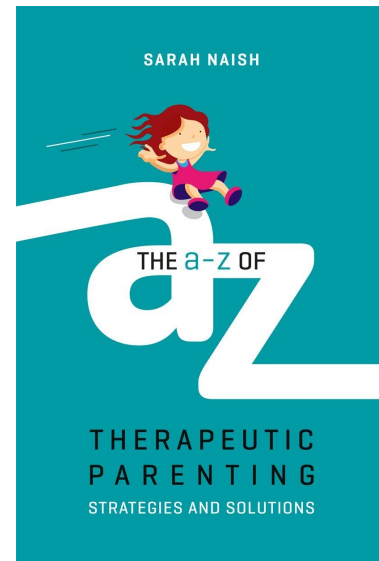
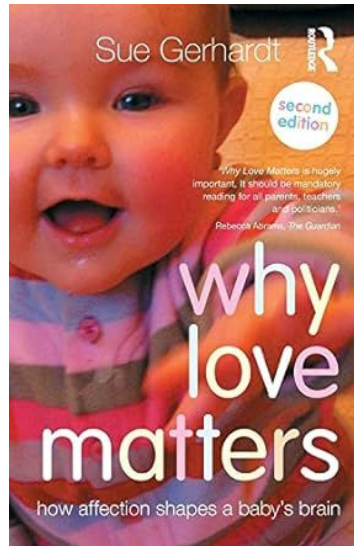
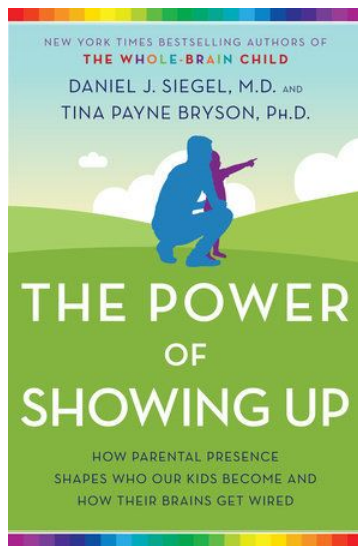
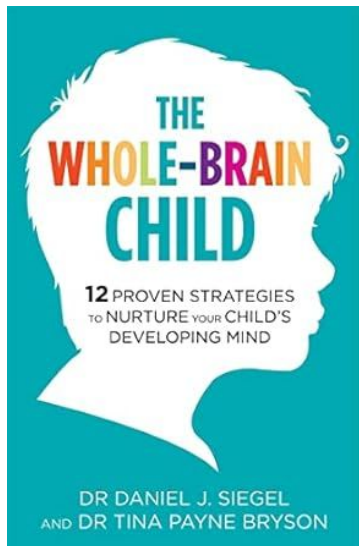
Discipline is essential!

... try playful parenting





Homework!



beaconhouse.org.uk/resources/

learning.nspcc.org.uk/research-resources/leaflets/positive-parenting