

December Newsletter

Seasons Greetings Everyone,

Winter is fast approaching, with the evenings getting shorter and the winter solstice just a few weeks away. This time of year can make us feel unmotivated due to the cold and wet weather with less sunshine. However, we get to hunker down in cosy clothes and blankets and create our own light with candles or twinkling fairy lights. This is especially important as we prepare for the festive season, which is just around the corner for many.

We had a busy November, with lots of exciting things happening. We attended an unusual but interesting alternative Christmas fair, and we have also been working hard on developing resources for the portal, which will be added in the coming weeks. On our self-care group in the portal there will be a seasonal wellbeing focus over the next few weeks and into January. During January, we'll be focusing on Hygge, goal setting, and manifestations for 2024!

The Haven will be closed from 21st December - 8th January for Christmas break.

We wish you all a peaceful build up to the festive season, and a restful time over the christmas break.

Sair, Emma & The Haven Team xx



New Blog Post

Christmas can be a fun and exciting time of year, however it can also be a stressful for children who have experienced early life trauma or have neurodiverse characteristics. Change of routine, different events, and lots of visitors, not to mention the decorations, lights, and noises, can lead to sensory overwhelm....

[READ MORE](#)



Free Breathwork Sessions

Are you feeling stressed out and overwhelmed? Do you need a break from your hectic routine? Join Neil's "Off Switch" Breathwork sessions every Monday at 8:30 pm to 8:45 pm (GMT) on Zoom. With only two more sessions left before the Christmas break on December 4th and 11th, this is the perfect time to unwind and recharge. Click on the link below to join the sessions and experience the calming effects of breathwork. Don't miss out on this opportunity to improve your mental and emotional well-being.

[Book a place](#)

Day Retreat.

We are thrilled to announce that our upcoming retreat will take place on Friday 26th January in Sheffield. We still have a few spaces left for the day, so don't hesitate to book your place.

The day is all about taking care of ourselves and prioritising our well-being. We have planned small group sessions and individual activities that focus on self-development. In the afternoon, you'll have a chance to unwind and recharge in the hotel's spa facilities. We can't wait to see you there!



[Click to find out more.](#)

Resources



Blog Posts



Check out our website's resources section for an information sheet on the differences between Traditional Parenting and Therapeutic Parenting.

[Resources.](#)

| Traditional Parenting | Therapeutic Parenting |
|---|--|
| Problem focused approach using behaviour management tools. | Solution focused approach using Playfulness, Acceptance, Curiosity & Empathy which is used to regulate child's emotion & establish most cause of behaviour. |
| Time out - Child is removed from situation to calm down on their own. | Time In - Trusted adult stays close to child using parental presence to support the child to sensibly regulate. |
| Sanctions and Reproaches: Both sanctions and reproaches can be related or unrelated to the context and used to manage least behaviour. | Applying cause and effect learning, including natural consequences, extended natural, and logical consequences, with a focus on nurture. |
| Distraction/deflection - redirecting child away from the issue that presents itself. | Parental presence, co-regulation and the use of empathic commentary. |
| Rules & Boundaries. | High structure/high nurture approach. |
| Reproach support - saying sorry. | Repair work - showing sorry. |
| Reward charts. | Observation & concrete praise. |
| Focus is on age-appropriate discipline. | Focus is on emotional & experiential stage-related support which is appropriate for the child. |

T.I.P.s

Trauma Informed Parents

ISSUE No.6 November 2023

IN THIS ISSUE:

- PERFECT PARENTS - DO THEY EXIST?!**
- The Therapeutic Fostering Qualification - A foster parents perspective**
- Annual Conference 2023 highlights.**
- Transitions & Routines: Managing seasonal events**
- Wellbeing - Helping parents to understand the science behind exercise and stress relief**
- Feeling triggered? Strategies to manage behaviour-based triggers.**
- Empowered Parenting: An Introduction to Trust-Based**

TIPS issue 6 out now!