

The difference between Traditional Parenting & **Therapeutic Parenting**

Traditional Parenting

- Problem-focused approach using behaviour management tools.
- Time out Child is removed from situation to calm down on their own.



Sanctions and Repercussions: Both sanctions and repercussions can be related or unrelated to the context and used to manage learnt behaviour.



Distraction/deflection redirecting child away from the issue that presents itself.



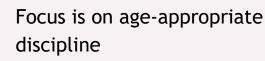
Rules & Boundaries



Repercussion support - saying sorry



Reward charts



Therapeutic Parenting

Solution-focused approach using Playfulness, Acceptance, Curiosity & Empathy which is used to regulate childs emotion & establish root cause of behaviour



🜈 🤋 Time In - Trusted adult stays close to Child using parental presence to support the child to emotionally regulate



🗨 🛪 Applying cause and effect 🐸 learning, including natural consequences, extended natural, and logical consequences, with a focus on nurture



Parental presence, co-regulation and the use of empathic commentary



High structure/high nurture approach



Repair work - showing sorry



Observation & concrete praise



Focus is on emotional & experiential stage-related support which is appropriate for the child

www.thehavencentre.co.uk