





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


 Focus is on age-appropriate discipline


Therapeutic Parenting


 Solution-focused approach using Playfulness, Acceptance, Curiosity & Empathy which is used to regulate child's 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