

Understanding the Fundamentals of Therapeutic Parenting

Therapeutic Parenting is a nurturing parenting style that helps children self-regulate and form secure attachments by responding empathetically and insightfully to their distress and behaviors.

Therapeutic Parenting: A Departure from Conventional Methods

Unlike traditional parenting, therapeutic parenting doesn't involve punishments, shaming, or reward charts. Additionally, it acknowledges that children may not always be capable of managing their emotions or feeling empathy and remorse.



High Structure/High Nurture

Therapeutic parenting focuses on building trust and promoting healthy brain development in children through a structured approach with clear boundaries and nurturing techniques.



Boundaries & Routines

Using boundaries and routines helps children to understand there is consistency and predictability in their lives (they know they will have breakfast, lunch, and tea plus snacks). Therapeutic Parenting advises you to use visual timetables to support your children with this.



Use of PACE

To respond empathetically, try using the PACE model, which involves playfulness to connect with the child, accepting them while not accepting their aggression, being curious to detect their needs, and approaching the situation with empathy.

