

August Newsletter



Welcome to our August newsletter,

We hope everyone is enjoying the summer holidays. We are currently preparing for the new intake of clients in September for our 3 Steps to Connect program. This program supports families dealing with compassion fatigue and child-on-parent violence, and it can be accessed through various funding streams. Please feel free to contact us if you need support in this area.

Also, we have a new Day Retreat launching in the next couple of months for those going through the perimenopause stage of life. The day is focused on embracing this next chapter of your life.

Consultations are available on a reduced schedule during the summer holidays, but you can still reach out if you are struggling.

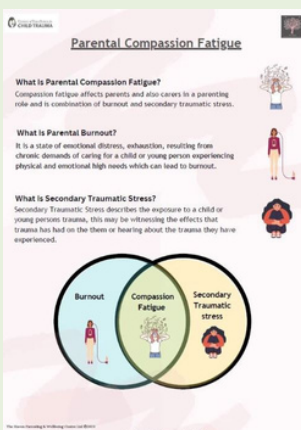
Sair, Emma and The Haven Team. x



New blog post -Summer Wellbeing

Summer in the UK brings unpredictable weather, but that shouldn't deter you from enjoying the great outdoors. Whether sunny or rainy, there are numerous reasons to embrace the elements and head outside. Here are ten reasons to take advantage of the summer weather, regardless of what it brings.

[READ MORE](#)



Free Downloadable resource

We have several resources available for download on our website, including our information sheet on parental compassion fatigue. This information sheet identifies the different components related to parental compassion fatigue. Click the link to access the resource.

[CLICK HERE](#)

Rest and Relaxation session

Our next rest and relaxation session will be available on the portal. Session 8 is about supporting your mental clarity, and improving focus. This will be released on 1st August at 20:30 (BST)



[Join the portal](#)

Parent coaching sessions included in NATP Tier 2 and 4 Memberships.

NATP membership, specifically Tier 2 and Tier 4, includes a wellbeing component that provides members with 4 x 30-minute parent coaching sessions per year (1 every 3 months). Members can schedule these sessions by using the link provided below



Members Benefits - Tier 2

- Listening Circles (Regional peer support groups)
- Empathic Listening Service
- Parent Coach Consultations service
- Members Resource Area
- "In your corner" parent linking/friend finder service
- Parental Peer Support Forums
- Family Circles (Regional Family Events)
- Discounts: 50% off NATP Training, 25% off Qualifications with Inspire Training, 50% off Havening Techniques.
- Wellbeing Portal: Access The Haven's Online Wellbeing Portal.

[Join Now](#)

£8.99 per month

www.naotp.com

TIPS Magazine Issue 10 out now!

Child on Parent Violence

Written By Emma Edwards



Parenting is one of the most challenging and rewarding tasks. It comes with a great deal of responsibility and love, but it also comes with the fair share of struggles. One of the most heartbreaking struggles that a parent can face is when their child becomes violent towards them.

Child-on-parent violence is a growing lack that often misunderstands and minimizes it as a form of domestic violence that occurs when a child uses physical, verbal or emotional aggression towards their parents or carers. This type of violence can have a toll on both the child and the parent, causing increased emotional and psychological damage.

As a result, we often place the blame on the parents when a child exhibits violent behaviour. We question their parenting skills and wonder what they could have done differently to prevent this from happening. However, when you do not realise that child-on-parent violence is not always the result of bad parenting, it is often a sign that the child is struggling with emotional regulation.

Emotional regulation is the ability to manage and control one's emotions, thoughts and behaviours. It is a skill that is developed over time, and some children may struggle with it more than others. For some children, emotional regulation can be particularly challenging due to various factors, such as genetic, neurodevelopmental disorders, mental health issues, and so on.

They often have difficulty controlling their impulses and managing their emotions. This can lead to outbursts of anger, aggression, and violence. These behaviours are not a reflection of the child's personality, but rather a manifestation of their struggles.

Dealing with child-on-parent violence can be emotionally and mentally draining, and parents may sometimes feel overwhelmed. This can include seeking therapy, practising self-care, and setting boundaries with their child.

That is why the Centre of Excellence in Child Trauma (COECC) and its organisation focus on addressing the root cause of the violence and providing support to both parents and children. We understand how difficult it can be for parents as many of our staff members have firsthand experience with this issue and are dedicated to providing support and resources to those who need it. One of the organisations within COECC is the National Association of Therapeutic Parents (NATP).

They offer de-stigmatisation and managing system approaches within COECC. The nation's 3 Steps to Connect programme focuses on building positive relationships between parents and their children and is used when families are struggling supporting their child to live in a household. Children's Centre (Barnet) (CC) Children's Centre (Barnet) (CC) Children's Centre (Barnet) (CC). This program helps parents understand the root cause of their child's behaviour and provides them with tools to connect with their child in a more meaningful way, and promote family stability.

Remember, you are not alone and there is hope for healing and building healthier relationships with your child.

Free Resource on this topic! Click here or the QR code below!



Have you reached breaking point?

3 Steps to Connect™ Programme

www.thehavencentre.co.uk

TIPS Magazine issue 10 is out now, including an article by Emma on Child-on-Parent Violence. At The Haven, we have supported many families who have been considering section 20 due to child-on-parent violence and have found they no longer need that option after completing our 3 Steps to Connect programme. To read the article and find out more, click on the link below.

