

5. Connection before correction

12 Repair Parenting Techniques

1	Avoid reward charts
2	Strong routines and boundaries – bedtimes/ mealtimes etc.)
3	Importance of empathy
4	Time ‘in’ – not time out
5	Avoid surprises/changes to routine
6	Joy and playfulness
7	Curiosity , being a detective
8	‘Name the need’ to explain the behaviour to the child
9	Be queen or king of the house
10	Accept the child, not the behaviour
11	Never ask your child WHY?
12	Allow ‘Natural Consequences’ to happen

PACE

Playfulness

Playfulness is about having fun with the child and assisting them to join in fun.

Joy brings connection. People need to feel they are fun to be with. Life can be too serious for children in care; anything we can do to brighten up their life can be helpful.

Playfulness is also used to defuse tension, acting silly, giving a response they did not expect, keeping things lively.

It is not making light of painful feelings, or acting silly based on our own anxiety. This will bring shame to the child not joy.

Acceptance

Acceptance of the child and what the child feels.

Not judging but accepting “Wow, you must be really mad at me if you want to hit me...”

Accepting the behavioural choices the child makes and the feelings behind these choices - not necessarily accepting they are good choices!

Acceptance shows understanding rather than condoning the behaviour – “I get that you’re really upset that I said no...let’s work out a way for you to deal with that without hurting me.”

The use of acceptance often brings less defensiveness/opposition.

Curiosity

Curiosity about the child’s feelings, thoughts, beliefs.

Wondering with the child about the meaning behind the behaviour and why they do the things they do.

Curiosity sometimes means making best guesses about what is going on, or you and the child figuring it out together.

Curiosity allows a person to feel heard and understood.

Empathy

Empathy for the child’s experience.

The quality of “feeling with” a child, feeling compassion for their struggles or suffering.

Empathy eventually allows the child to acknowledge deeper feelings of fear, sadness, hurt and anger, without fearing judgment.

Statements such as “I’m so sorry that happened” or “that must have been really hard” convey empathy.

Sometimes we have a tendency to try to “fix” the problem in our response, rather than simply expressing our shared feeling with the child.