

Connection before Correction in 7 Steps

Adapted from Kim Golding training. Parenting for the Future- Building emotional connection with traumatised children experiencing attachment difficulties.

Two hands for Parenting

1-provides warmth nurture and allows the child autonomy appropriate to their developmental age.

2-provides structure and boundaries in a non- shaming or punitive manner

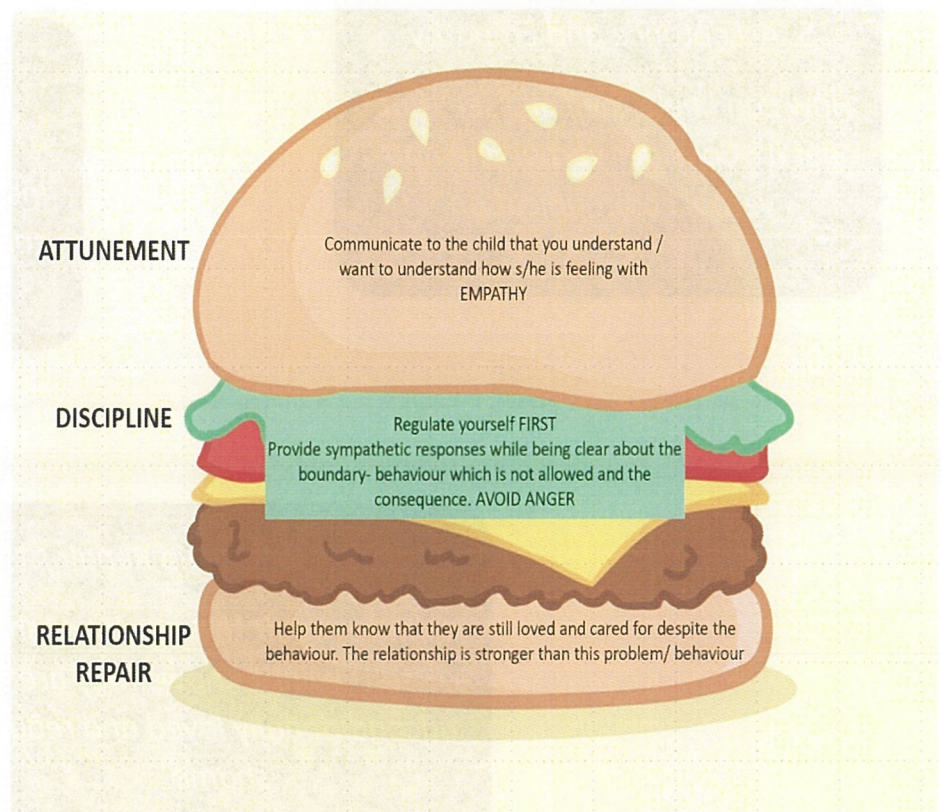
Key points:

- Always connect before correcting
- No correcting without demonstrating understanding of the child's underlying feelings and needs
- No lectures
- Delay problem solving until the child is regulated and feel safe physiologically, physically and emotionally
- Avoid punishment. Instead use relational consequences.
- Adults to initiate and take responsibility for the relationship repair

Discipline in the form of boundaries and consequences are important BUT they need to be sandwiched between lots of attunement and relationship repair.

Parenting Burger

Kim Golding



Connection before Correction in 7 Steps

1. Notice

What is happening. Do I need to intervene? How can I create physical and emotional safety?

2. Impact

What's going on for me? Am I defensive or open and engaged? Do I need time out and self-compassion?

3. Regulation or Reflection?

What does the child need and what part of their brain is activated?

Can I support their sensory or emotional regulation? Or can I help them to reflect?

4. Curiosity and Understanding.

Support the child by reflecting with them on their internal experience underlying this behaviour. This is neither right or wrong!

5. Acceptance and Empathy.

How can I help the child see that I get it? Consider verbal and non-verbal communication.

6. Correction

What else do I need to do? Increase structure, supervision, a consequence or support problem solving?

7. Relationship Repair

Initiate repair in the relationship so the child knows they are unconditionally loved and reduce shame.