

PENNTHORPE
WELLBEING
WEEK 2020



LET'S TALK ABOUT IT...

WAYS TO HAVE A MEANINGFUL CONVERSATION
WITH YOUR CHILD



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When could we need to talk?

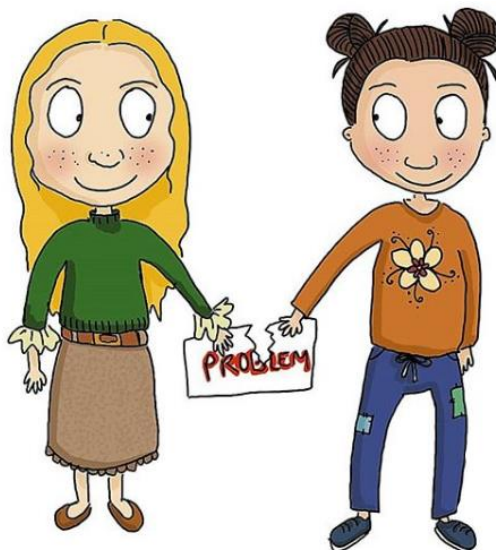
- Trauma e.g. bereavement
- An incident e.g. fall out with a friend
- Disengaged e.g. not communicating, removed from social situations, lacking interest
- Low mood e.g. quiet, withdrawn, tearful, loss of appetite
- Anxiety e.g. signs of stress, short tempered, unable to cope.



What good will it do?

- Builds resilience through secure relationships
- Communication and a problem solving approach allows for open dialogue
- Builds a positive attitude
- Builds confidence and self esteem
- Builds emotional resilience.

Children reflect what they see – all of the above are protective factors which build a resilient, confident child.



How to begin

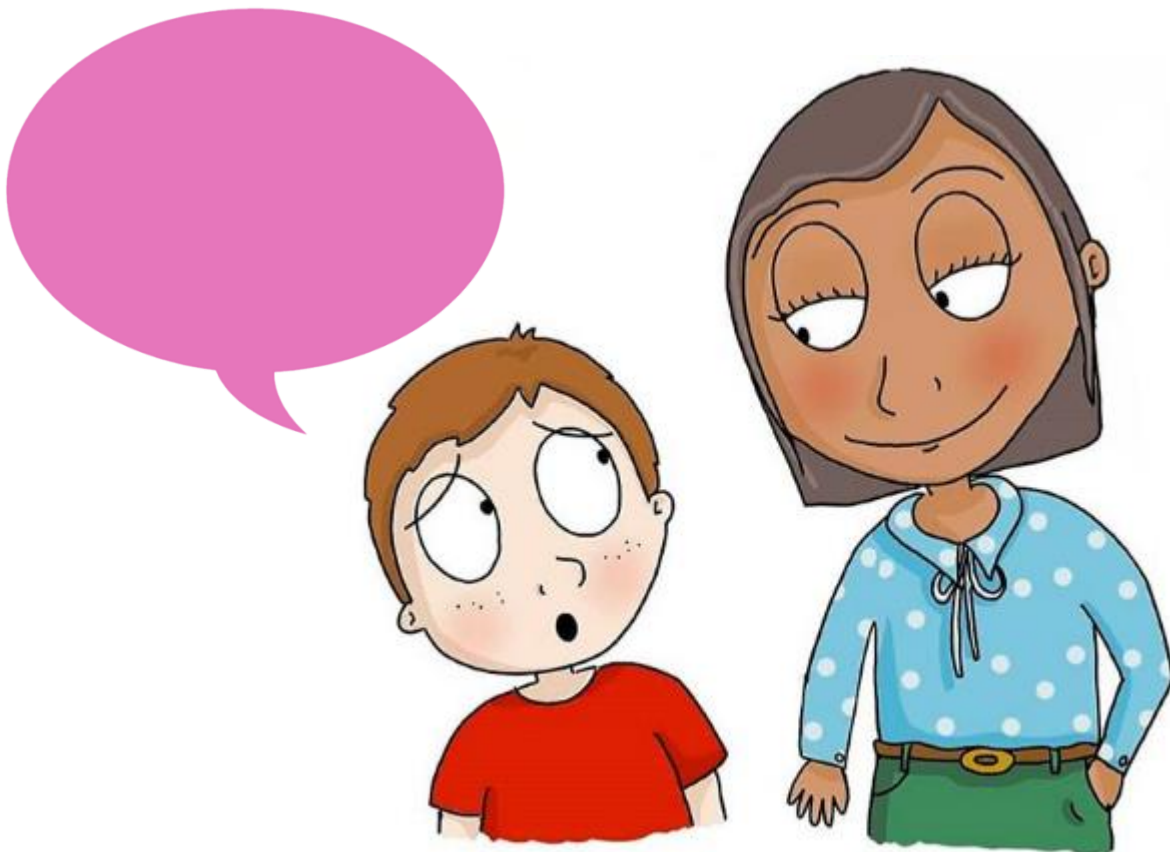
The core conditions

- Child-centred
- Create a rapport
- Listen to the “music” with:
 - eyes (body language)
 - ears (language used)
 - brain (what is *really* being said)
- Reflect, confirm and empathise. Reflect their words to clarify your understanding and their own
- Empower your child.



Child-centred approach

- Belief that each child has an innate tendency to grow and flourish
- Non-directive – to listen and understand
- Create conditions where a child can make a positive change using their own innate resources
- Avoid the Ws – what, when, why, who
- Open questions, avoid the yes and no answers.



Language! /?*"@!

- Sweeping statements e.g. “Everyone says....” or “You always”
- Comparisons e.g. “.... like your sister/brother” or “Tom always does....”
- Criticise the behaviour not the child e.g. “You’re difficult” becomes “Shouting isn’t helpful”
- Be on their side – make it a two-way conversation, what can **we** do?
- Realistic expectation – what is manageable for your child?

All this supports your child in trying to understand and/or change behaviour.



Added Tips

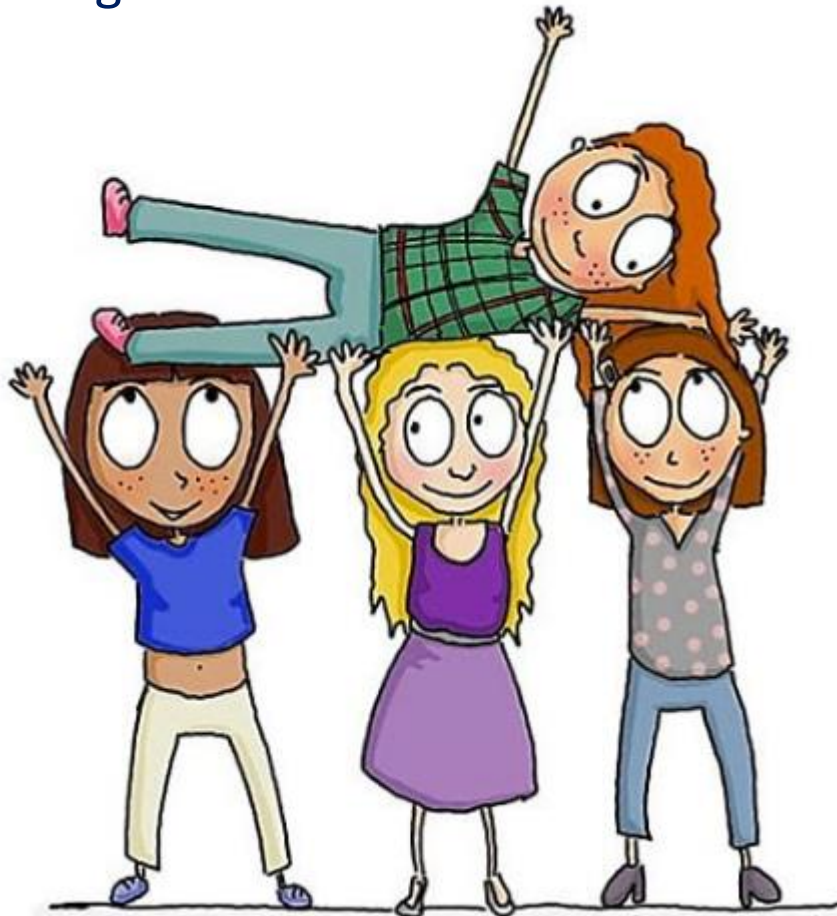
- Manage your expectations, don't ask too much
- Allow enough time, there is no quick fix. Listen actively for as long as they need
- Use the silences. Allow time for them to process thoughts and emotions
- Encourage self-reference, looking at themselves, their own examples
- Reflect and support.



Remember

See them, hear them, validate them.

Time, space and truth opens the way for a meaningful conversation and a chance to move forward and grow.



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