

# Cavendish Parent Workshops

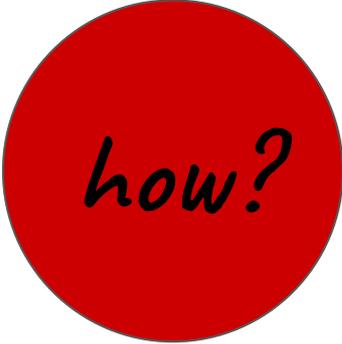
Reason



*Week 3 - Reason*



# First Regulate



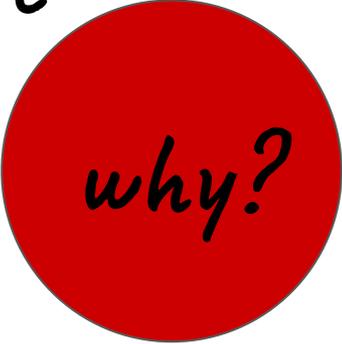
*how?*

*Soothing language*

*Safe space*

*Allow time*

*Regulate yourself*

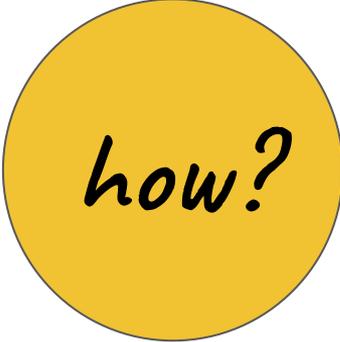


*why?*

*You can't learn or reflect in  
fight/flight/freeze mode*

*Stress responses need to be  
calmed first to engage the  
thinking brain*

# Next Relate



*how?*

*Accept and acknowledge their feelings*

*Connect - with empathy*

*Be curious*

*Share your own experience*

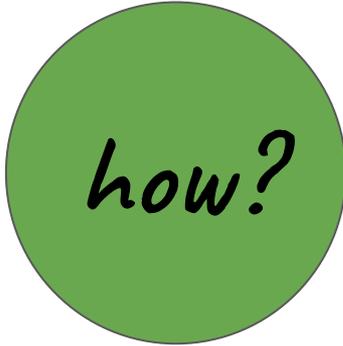


*why?*

*“the most powerful buffer in times of stress and distress is our ability to connect”*

*Connection produces oxytocin which calms the nervous system*

# Then Reason



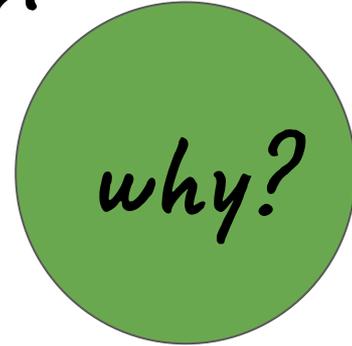
*how?*

*Learn the language of emotions*

*To make it right after a mistake*

*Natural v's logical consequences*

*Talk about what to do next time*

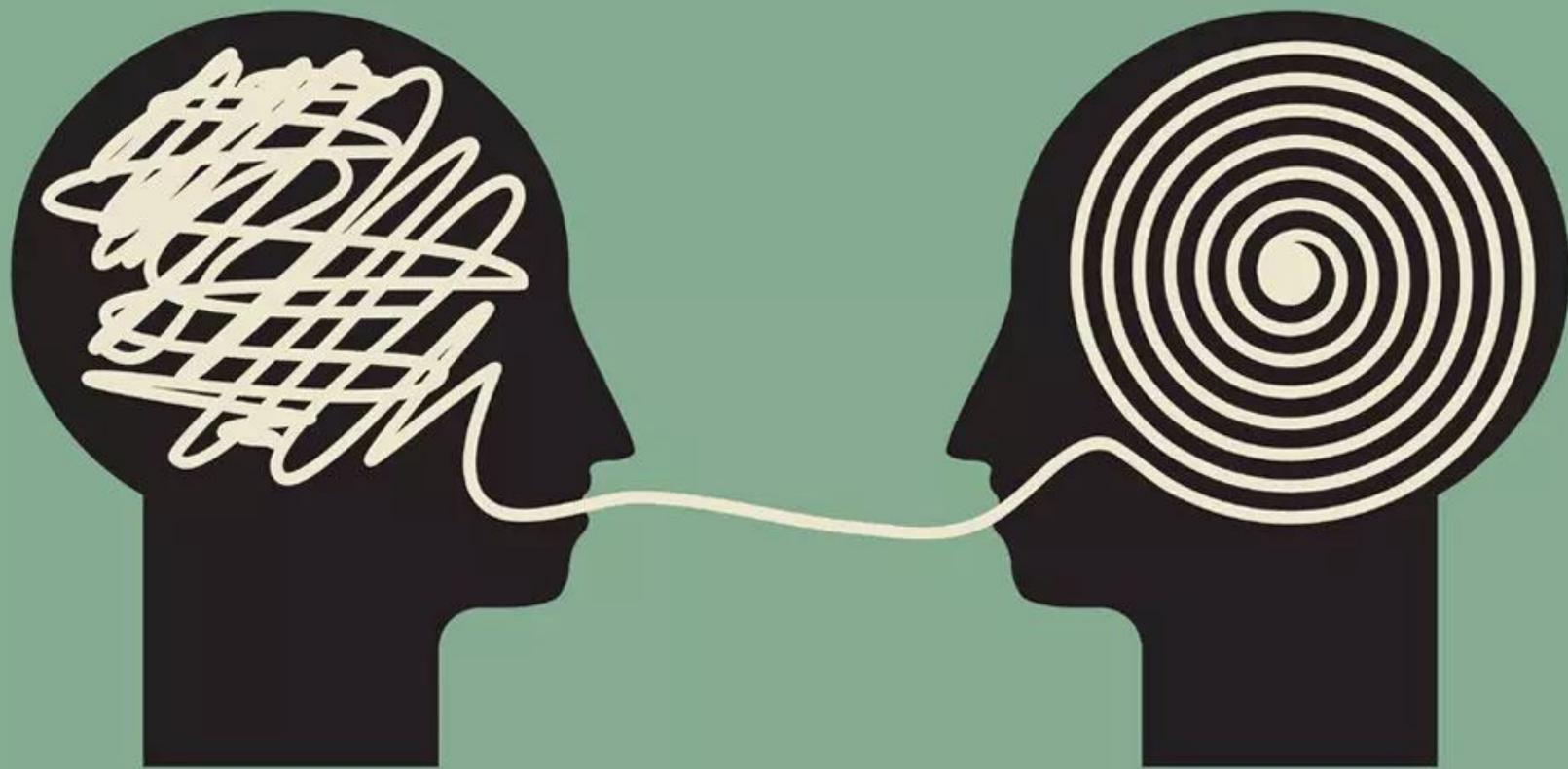


*why?*

*Discipline is essential*

*Trust*

*Helps in times of distress in  
the future*



# Rupture and Repair

## Rupture is inevitable, repair takes work

*Not knowing how to repair leads to :*

*Playing it safe and not being authentic*

*Shallow unsatisfying relationships*

*Silencing*

*Fawning*



*Repair is more than "I'm sorry"*

*It's also:*

*My response = my responsibility*

*Can we try this again*

*Own the impact the rupture has on you has listen to the others version*

*Never say "I'm sorry but . . ."*

*react in anger or respond in love*

# *The importance of boundaries*



*Setting boundaries . . .*

*is a way to keep us all safe*

*it is a way of taking care of myself*

*I'm not being mean or selfish*

*I'm being the SAFE BOSS!*



# *Discipline is essential!*

*Discipline should always feel safe and loving - it should never be shaming or humiliating*



# Discipline is essential!

Discipline should be about teaching the child how to build skills for the future

## Three R's of Logical consequences

**Related** - to the negative behaviour

**Respectful** - in the way it communicated  
and enforced

**Reasonable** - for the child's age and  
understanding

If your child is being silly and spills their  
drink, they must clean it up

If the bike is left outside, it goes away

Fighting over a toy? Its removed for 10 mins

## Natural consequences

Direct link between cause and effect

Not adult imposed

Most likely to change behaviour

If you don't take a coat you might get cold

If you don't do your homework you won't get

Dojo's

If you're mean to your friends you won't have  
any friends

*Discipline is essential!*

## *Natural consequences*

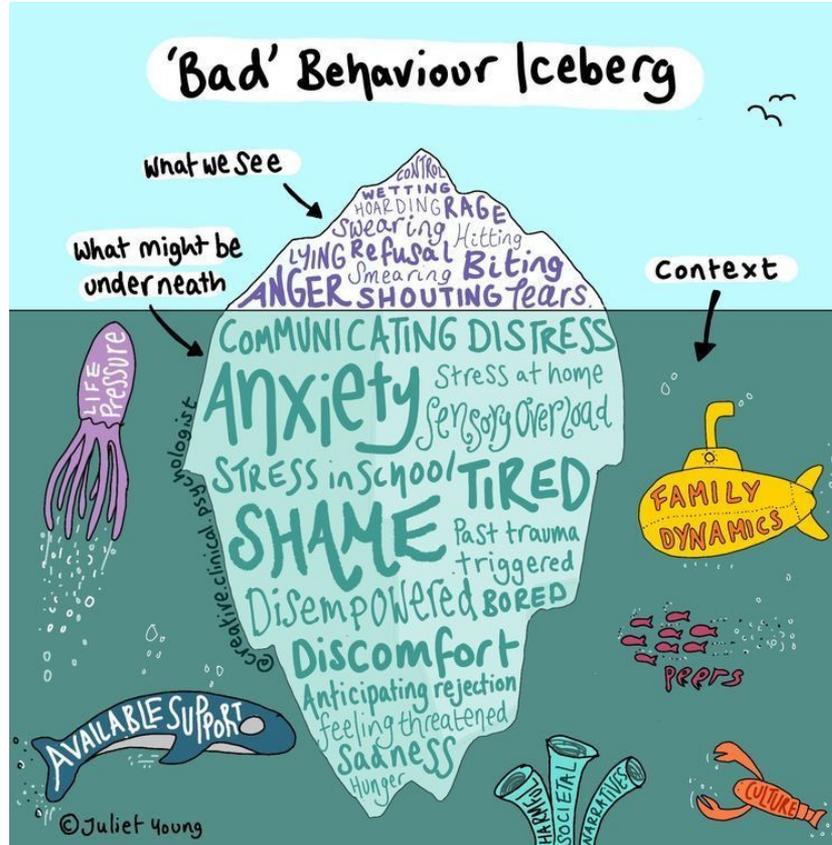
*However natural consequences aren't always appropriate.*

*For example, dangerous or antisocial behaviour could lead to your child or someone else getting hurt. Likewise, regularly not doing schoolwork isn't good for your child's learning.*

*In these situations, you can't just ignore your child's behaviour. You need to step in to guide your child, which might involve using a different type of consequence.*

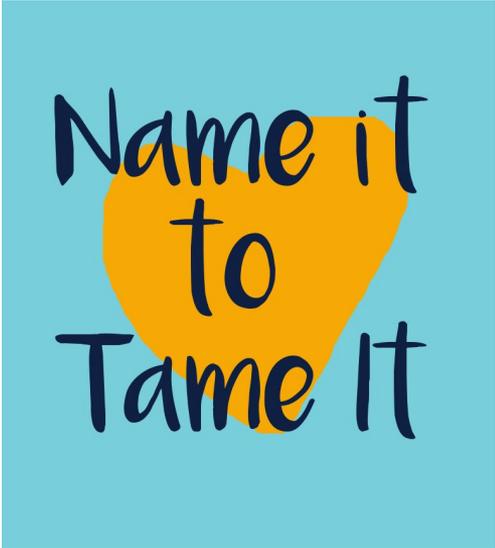
# Discipline is essential!

All behaviour is communication - so they need us most in those challenging times



# Discipline is essential!

Dr Dan Siegel “science shows being attentive to emotional needs is the most effective approach to changing behaviour over time, as well as developing their brains in ways that allow them to handle themselves as they grow up” Mum gets me so I can trust her.



Name it  
to  
Tame It

Storytelling

Remember when . . .

And then what happened . . .

And then you felt safe.

That must have been so scary/sad/frustrating

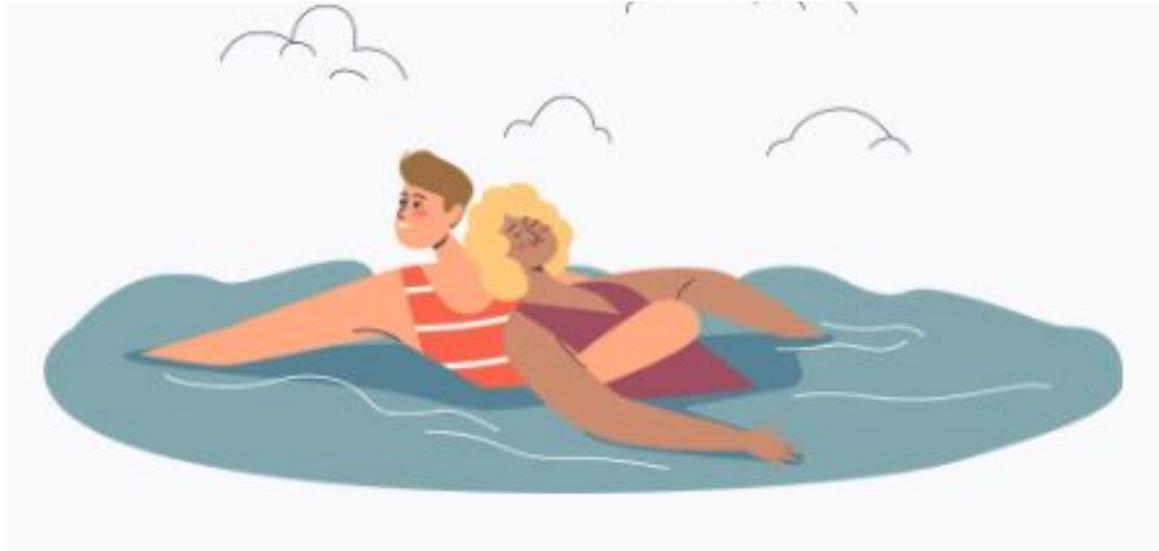
I would feel the same.

# *Discipline is essential!*

*Instead of Command and Demand try Connect then Redirect*

*Connect with the right before redirecting with the left*

*Be the lifeguard who swims out and puts their arms around your child and brings him safely to shore before telling him not to swim out so far next time*



# *Discipline is essential!*

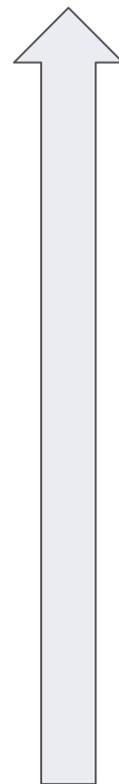
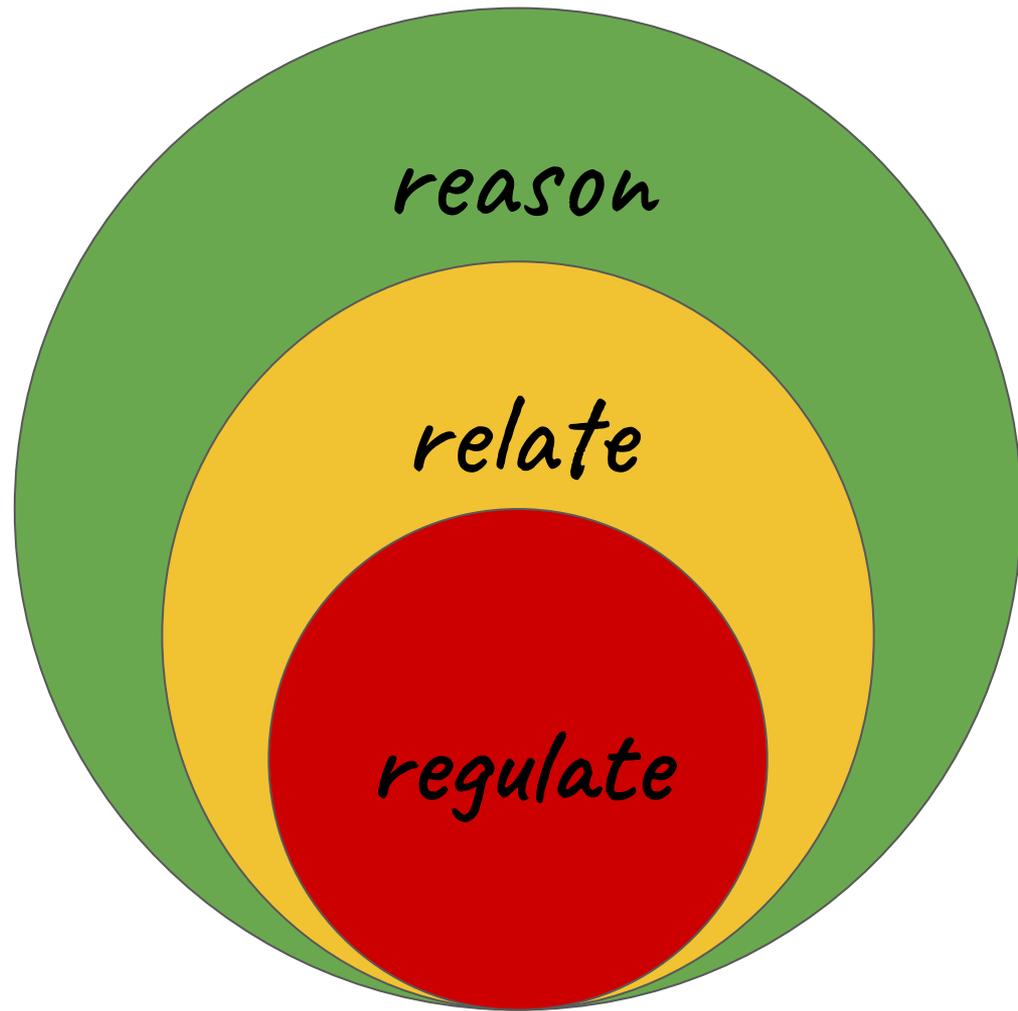
*Instead of command and demand . . .*



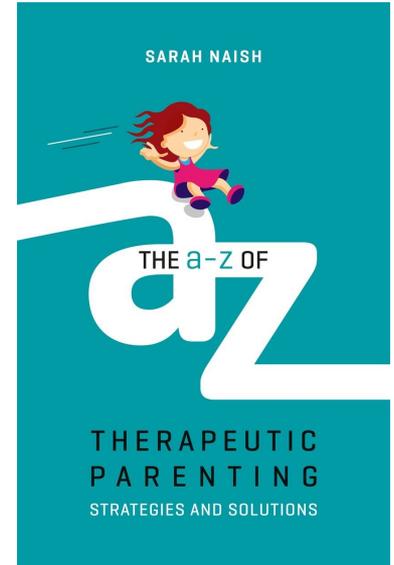
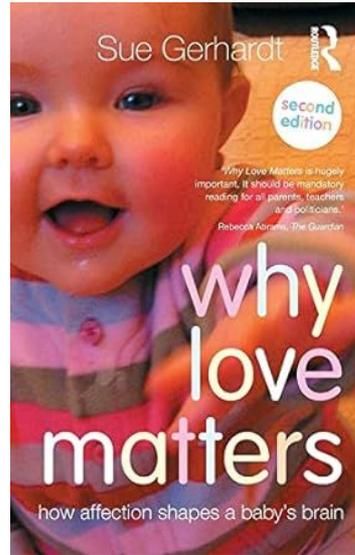
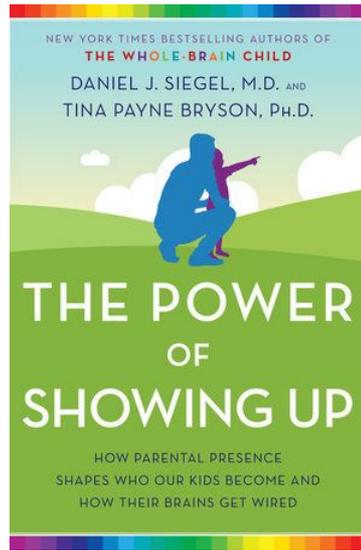
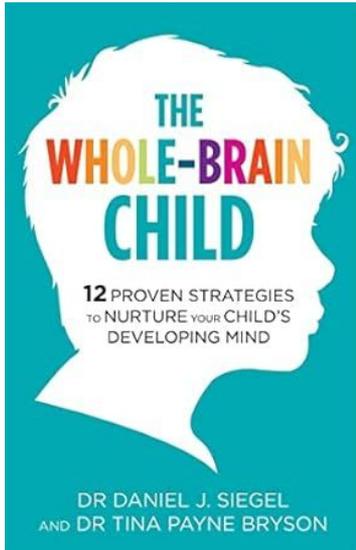
*Discipline is essential!*

*... try playful parenting*





# Homework!



[beaconhouse.org.uk/resources/](https://beaconhouse.org.uk/resources/)

[learning.nspcc.org.uk/research-resources/leaflets/positive-parenting](https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting)