



Supporting children, families and schools

Less drama, more connection

Here is the list of ways to help you connect with your child and decrease drama and meltdowns at home. It may be a good idea to hang these up somewhere handy as a reminder!

1. Put “special time” aside with your child every day even if just for 10mins!
2. Be present and put your phone aside when you are with your child.
3. Pause and take a deep breath whenever you feel urge to yell.
4. Move and play together – let your child take a lead on a game and get them laughing every day!
5. Choose empathy first: set limits to behaviours and allow them to have their emotion.
6. Choose empathy to help your child to feel understood.
7. Find the YES behind the NO: tell them what they CAN do instead.
8. Look after yourself and make sure your cup is full.
9. Give yourself a break: good enough really is enough and most ruptures can be repaired.
10. Ask for support when things feel hard: from a partner, from another parent, or from a professional is necessary.

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Tuesdays 9-10a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: gurbonaviciute1.307@lgflmail.org

With best wishes,

Greta

Therapeutic Lead in Schools

