



Parenting without Anger

Conflict can occur when parents and young people are unable to express their emotions resulting in the presenting symptom of ANGER. Using professional curiosity and a Trauma Informed Approach, explore the underlying reasons for the behaviour

When completing the questionnaire with parents or young people, tick the section which applies and use the comments box to probe deeper but be aware there may be potential triggers due to unresolved relationship trauma.

	Always	Sometimes	Never	Comments
PARENT & CHILD QUESTIONS 1-13				EXPLORE BELOW
1. Your reactions can escalate the conflict				How?
2. You often lose your temper				
3. You feel overwhelmed				
4. You worry you are turning into your parent				How?
5. You often say things you regret				
6. You feel helpless				What are the emotions?
7. When things escalate, you become scared				
8. You experience physical changes in your body during conflict				What symptoms
9. You feel guilty for shouting at your child/parent				
10. You worry about getting things wrong				How?
11. You want a good relationship with your child/parent				
12. You worry about your parent/child				What are your concerns?
13. You apologise for your part in the conflict				



	Always	Sometimes	Never	Comments
PARENT QUESTIONS 14-21				
14. You feel unsupported by the co-parent				
15. You feel exhausted				
16. You don't understand your child's needs				
17. Your child makes things difficult for you				How?
18. You expect perfection from your child				Explore beliefs/values
19. You praise your child				
20. You talk about emotions with your child				
21. You worry about your child's safety				



Risk Assessment-Young Person to Parent Abuse/Violence

To be completed with the Parent

When completing this risk assessment, establish the frequency and intensity of the behaviour and use professional curiosity to probe deeper.

- Parents often fail to ask for help for fear of being judged, blamed and criticised and will require a trauma informed approach.
- Many victims of domestic abuse will minimise/justify the behaviour and are fearful of reaching out for support.
- Some parents who call the Police notice a reduction in the abuse however others find that the controlling and abusive behaviour increases.
- Remember that abusers can be extremely manipulative so be aware of them trying to play the victim.
- If parents aren't ready to call the Police, direct them to your local Domestic Abuse organisations where they can receive emotional and practical support and be supported with a safety plan.
- If other children in the family are exposed to domestic abuse from the young person, follow your safeguarding procedures.
- Although the statistics tell us mothers are more likely to be harmed, young people also abuse fathers.

	Always	Sometimes	Never	Comments
1. Do you feel controlled by the young person				
2. Are you concerned professionals won't believe you				
3. Are you walking on eggshells				
4. Do you feel isolated from family & friends				
5. Are you fearful of the young person				



	Always	Sometimes	Never	Comments
6. Has the young person been exposed to domestic abuse				Current & Previous
7. Has the young person lost a parent				Or other significant loss
8. Are you concerned about the young person's mental health				
9. Are you too scared to involve the Police				
10. Are you concerned about the young person's friendships				Explore gang affiliation & county lines
Questions 11-26 DOES THE YOUNG PERSON?				
11. Demand money				
12. Physically harm you				
13. Use drugs/alcohol				
14. Display risk taking behaviours				
15. Show empathy				
16. Struggle with education				



	Always	Sometimes	Never	Comments
17. Apologise then repeat the abusive behaviour				
18. Threaten and intimidate you				
19. Have police involvement				
20. Threaten or hurt other family members				
21. Appear controlling with their partner				If applicable
22. Destroy items within the home				
23. Have a fascination with weapons				
24. Mistreat animals				
25. Display sexually inappropriate behaviour				
26. Blame you for everything				



AGREEMENT BETWEEN PARENT AND YOUNG PERSON

Example of agreement

The young person receives £2 pocket money each day

- Each time the young person is they are fined £ 1
- If there are further incidents and the fines exceed £2 the young person loses their computer/phone etc for one day

If the parent shouts, or constantly argues back with the young person, they should put £1 into a consequences pot which can only be used to reward positive behaviour at the end of each week (to be agreed in advance between the young person and parent)

Things to consider

- Refrain from mentioning the fines during arguments as things might escalate
- Don't give up if things don't seem to work straight away as young people take time to adjust to new routines/rules
- Remain consistent with rewards and consequences (including parent sanctions)
- Praise positive behaviours however small they might be
- If parents are worried the young person may take the money in the reward pot, use written notes so the young person can see the positive behaviours are being acknowledged.
- Young people can do chores to earn back the money they have lost

Things that might go wrong

- If the young person says "I'm not doing this" "do not react and just walk away (you can revisit this another time)
- If the young person says they don't need the money, continue with the fines and let them see you are still following through as young people will want the money at some point.
- They also need to know you are being consistent.



- If the young person feels the parent is in the wrong and things are escalating, the parent should pay the fine and the disagreement can be discussed when things have calmed down.
- If the young person is under the influence of drugs/alcohol do not follow the agreement that day but revisit the subject the following day and fine them for using drugs/alcohol

SAFETY PLANNING

Always create a safety plan for when things reach crisis point and prioritise the safety of you and other family members as following the agreement at this stage will not work.

- If the young person becomes physically abusive or intimidates the parent, you must withdraw from the situation and must not respond regardless of what the young person says.
- Make sure you have access to a phone and have emergency contact numbers saved and access to money
- Allow the young person time to calm down or leave them alone but at no point try and implement the agreement when things have escalated
- If the young person withdraws, allow them to leave and make no attempt to follow them until things have settled down.
- After 30 minutes or when you recognise when you have both calmed down, the parent should try validate the young person's emotion that they are experiencing
- If they do not calm down and you are at risk, leave the property or go to another room and lock the door while phoning for support
- Never try and negotiate/challenge the young person when they have lost control of their emotions
- Call 999 if there is imminent risk of harm



Conflict Log-Worksheet

To be completed by the Parent and Young Person



Date:

Parent or Young Person:

Who did I have the conflict with?

How did it start

How did I react

Which of my actions made things worse?

What ended the conflict

How could I have acted differently

What part of the conflict is still outstanding?



How we communicate

Use this worksheet to explore how you communicate with your child/parent during the conflict

Score how well you communicate with this person



1

2

3

4

5

6

7

8

9

10



What were your reasons for this score.....

.....

What do you think causes the conflict.....

.....

What does the person do that makes it hard to communicate with them.....

.....

What would you like them to change.....

.....

What can you change to improve communication.....

.....

List two positive things about this person

.....

.....



CONNECT before you CORRECT - Removing the blame



Cut out both sets of statements and ask parents to find an alternative phrase which they can use to avoid conflict with the young person.

BLAMING STATEMENTS

You always ignore me	You never help me	You don't seem to care about anything	You always answer me back
You spend too much time on your computer/phone	You should be setting a good example for your siblings	You wear the same clothes all the time	You spend too much time in your room
You never tidy your room	You think you own the place	You have been drinking/using drugs	You need to change your attitude
You are just like your father/mother	You will never get a decent job	You have no respect for me	You can get out of this house if you don't follow my rules



POSITIVE STATEMENTS

Can we have a chat when you have some time	Can you give me a hand with this please	Tell me what's important to you	Let's try and listen to each other more
It must be so much easier to find things when your room is tidy	Shall we do something together	I'm concerned about your health, can we talk	You can always talk to me if you are worried
Help me to understand why your phone is so important	Your brothers and sisters can learn so much from you	Can we make sure we respect each others space	You can talk to me about anything
Let's try and work together	You will have so many more opportunities if you study hard	You look great in that other top/jacket	We all miss spending time with you



NATURAL CONSEQUENCES ACIVITY

<p>Parents can prepare this activity for children aged 5 to 12 to help them understand that all behaviours -both positive and negative have natural consequences.</p> <p>Cut out the 2 lists below and place in separate piles. Ask the child to pick one of the behaviours and find the matching consequence from the second pile.</p> <p>Parents can create additional cards with their children</p>	<p>Natural consequences should only be used when it is safe, for example don't allow your child to touch a cooker as a lesson as they could get seriously injured.</p> <p>When there's a potential safety issue, intervene before your child makes a mistake. Explain why their behaviour is unacceptable and when necessary, follow through with a logical consequence.</p>
BEHAVIOUR	NATURAL CONSEQUENCES
You bully your friends	Friends won't want to play with you anymore
You spend all your pocket money as soon as you get it	You won't be able to take part in anything until you get more pocket money
Going out in the rain without a coat	You will get wet
You spill a drink and don't mop it up	You could slip over and hurt yourself
You don't eat all of your dinner	You will be hungry
You play with matches	You can burn yourself or something else
You don't do your homework	You have to do a detention
Going to bed late	You will be tired the next day
You don't study at school	You don't do well in your tests
You leave your bike outside the shop	The bike gets stolen
You tell lies	People won't trust you
You never clear up your things	You won't find anything



Resolving Conflict-Worksheet

To be completed by the parent and young person

What is causing the conflict



Parent's version

Young person's version

Describe your feelings at the time

Describe your feelings at the time

How can we compromise?