

Enhancing parenting: a relational invitational approach to engagement

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The worried.

The unworried.



Vulnerability comes with the territory

Helping the 'worried'



Reassurance



Your goal:

Not to stop the worry, but rather...

Help the parent to step
into uncertainty

Content vs Process



I can hear how worry makes you doubt yourself in many situations. Can you hear it talking to you too?

Wilson & Lyons, 2013

Coaching parents to deal with worry

- Out the worry
- Explore the effect of the worry
- Don't have to listen to the worry
- "How might you answer that?" or "That sounds like worry talking. What can you say back?"
- What could you say to yourself when worry shows up?
- What do you need to accept to get over the worry?
- If you weren't worrying, what would you be doing?
- Bridge back to past successes.

Helping the 'unworried'

STARTING POINT

IS THE PARENT'S CONCERNS



Your goal:

Parent accept your invitation to work together on an issue (or at least explore the issue further).



Relational environment

- Warmth
- Respect
- Acceptance
- Curiosity
- Optimism

Manage your mandate



Inviting the parent to share concerns

Be aware of general, open-ended questions (smalltalk)

- How are you? How are things going? (“fine”)

(Pre-emptive validation)

- Toddler behaviour can be really frustrating. How are you finding Sam’s behaviour at the moment?
- It can be exhausting caring for twins. How are you feeling?

(Pre-emptive normalisation of helping seeking)

- At about this age, I am often asked by parents, is this something you have thought about?

Raising an issue with a parent...

1. Own the issue
2. State your goal upfront (assume responsibility)
3. State the 'problem' (rather than your proposed solution)
4. Use 'observational language (don't interpret or diagnose)
5. Seek the parent's observations
6. Establish whether the parent is concerned
7. Check/validate parent's reaction

If the parent is not concerned...

6. Find out why the parent is not concerned
7. Explore how certain the parent is about their view
8. Explore conditions under which parent might become concerned (e.g., Project into the future)
9. Looking for logical reason to extend an invitation to work together.



Thank you

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www.parentingrc.org.au

www.raisingchildren.net.au