

Parent Suggestions Session 2

'Managing Challenges and Problems' what has worked for you as a parent?:

- Staying calm is the key I think. As you've said if we react badly, they will get more dysregulated.
- being more aware of when our daughter wants to spend time alone. She is quiet in her approach so sometimes we need to listen carefully.
- We are quite a laid back couple in that I have never felt pressure to fit in with other parents, I don't worry much about where my child will end up. I just think she's the best, funniest and most beautiful girl in the world. She gets very sick and on days like that I feel my heart will break. I accept her strange eating habits and her off beat ways. But when I was worried in the beginning she was so sad. These days she is so happy. The other day I said " why do you think you are so beautiful ". She said " I know I am because you always tell me". Don't get me wrong we have bad days and sometimes worse days. But I think because I have never worried about what anyone thinks we are happy. And I just assume that everyone understands and is so kind.
- Stepping back during meltdowns and giving space. Trying to stay calm and not react immediately.