

PARENT SUGGESTIONS: Parenting Exceptional Children

Session 2, 28th March 2025

1. Related to the topic 'Managing challenges and problems', What has worked for you as a parent?

- Homework - 'allowing' reading while pacing, not a formal structure e.g. doing spellings in bed, listening to a video while doing maths
- Low demand compassionate parenting offering choices with indirect statements all work in our household!
- Connecting with my child, rather than simply expecting them to comply with my requests; tuning in to what they might be experiencing at that moment e.g. tiredness, frustration, disappointment etc. and giving them space to deal with their emotions; focusing on your child's needs rather than what other people might think of you/your child; being a "behaviour detective" and using a trial and error approach to find the most suitable approach for your child - one that is tuned in to their abilities, strengths, interests etc.
- Connection over compliance
- Using screentime as a reward for doing homework. Talking while on a walk rather than directly asking questions, to find out about school etc.
- Talking to them, giving them lots of choices and reasons for why we are making some decisions. Lots of sensory breaks.
- Responding to our child's need and not just the behaviour.
- Definitely taking a step back, understanding that they're not doing things on purpose or just to piss us off. Also letting go a bit more, instead of always feeling like we have to have a "perfect" household, as in having meals at the dinner table as a family, eating fresh fruit and vegetables, always being well dressed, we have to embrace that we can't function as a happy family like this and realise now that we may need to eat at different times, not worry so much about healthy meals all or the amount eaten all the time.
- do as much learning with child for as long as she lets me.

2. What resources have you found useful? (e.g. groups, books, websites, social media accounts...)

- Listening to advice and suggestions from both professionals (OT, SLT, psychologist, teacher) and parents' groups; websites focused on mindful parenting)
- Counselling for parents and now exploring ADHD/ASD coaching for our son
- The process of getting diagnosed was really helpful for us, the OT and psychologist were both really kind and helpful. CTYI has been great too, he seems less bored by school now that he has this stimulation at the weekends.
- Courses through the education centres, parent conferencing with play therapist to help us as parents positively engage with our sons.