

✓ DOS AND DON'TS ✗

Don't	Do	Why?
Act with no preparation or speak without thinking it through.	Mentalise the process you want to undertake with your child and walk it through in your mind first.	If you do not mentalise the process, you are walking into unknown territory without a map.
'Cold call'.	Wait for the right moment.	Cold calling means interacting with your child when they are not ready, you must prepare the ground first.
Miss opportunities to notice the child's signals.	Always map your child's behaviour, and understand what the behaviour and.	Attunement is necessary to help your child who is growing up without an attuned adult in their life.
Pour cold water on 'hot' moments.	Notice that your child is showing empathy, use empathy in return to warm up the attachment.	If you use your child's warmed up moments to tell them 'the truth' about what has happened, you will miss the chance to warm up the attachment further.
Shut down your child's attempt to say sorry.	Welcome any apology or recognition of what has happened with warmth and reassurance.	The child <i>must</i> say sorry and <i>must</i> truly feel the guilt and shame to feel a range of other feelings attached to their relationship with you.

THERAPEUTIC PARENTING FOR REJECTED PARENTS OF CHILDREN WITH ATTACHMENT TRAUMA