

The 10 Keys To Therapeutic Parenting

Based on insights from trauma-informed experts Edwina Grant and David King

1. Connection Comes Before Correction

Children with relational trauma must feel seen and safe before they can hear guidance. Slow down. Connect emotionally before discussing behaviour.

2. Behaviour is Communication

What looks like defiance or aggression is often a child's way of expressing pain, fear, or confusion. Always ask yourself: What's underneath this behaviour?

3. Emotional Regulation is the First Step

Children cannot think or reflect when dysregulated. Use Bruce Perry's 3 R's: Regulate → Relate → Reason - in that order.

4. Safety Unlocks Curiosity

Children need to feel emotionally safe before they can explore themselves or others. Curiosity is a sign of healing - nurture it gently.

5. Intersubjectivity Builds Identity

A child learns who they are through your eyes. Shared joy, sadness, and presence ("You and me, here and now") shape their self-worth.

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6. The 'Two Hands' of Parenting Matter

One hand accepts and soothes; the other sets gentle, loving boundaries. You can accept the child and their feelings - even if you can't accept their behaviour.

7. Fake Compliance Can Be a Trauma Response

What looks like "I'm sorry" or "I love you" may be fawning - a survival strategy, not a heartfelt feeling. Stay patient and attuned.

8. Repetition and Repair Heal the Brain

Many traumatised children don't remember their actions when dysregulated. Repetition, reflection, and gentle repair are essential - not shame or blame.

9. Joy is Not Optional - It's Healing

Children need adults who delight in them. Even amidst challenges, seek moments of shared joy. It's the fuel for resilience.

10. Therapeutic Parenting is a Team Sport

You're not alone. The journey is hard - but shared understanding, professional support, and peer connection can make all the difference.

[Click here to watch the full video](#)

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