Parenting in the Moment - Mahi Whāngai Mākohakoha

Connection with 'Correction'

1. Notice

What is happening?
Do I need to step in now?
What immediate steps do I need to take to ensure everyone's safety?

2. Impact on you (Check own response)

- Am I regulated, can I stay open and engaged?
- Am I becoming irritated, angry, defensive? Do I feel useless?
- Do I need a break or can I get back to being open and engaged?
- Can I be compassionate to myself?

3. Regulation or Reflection with child? (Where shall I start?)

- Sensory regulation
- Emotional regulation

Or can I help the child to reflect?
Whichever is used, a simple A & E response will be helpful here as well.
E.g. 'This is hard for you', 'You are having a hard time'.

4. Curiosity and Understanding (Tentative wondering about child's internal experience)

I wonder what's going on...?
How come...?
No wonder you... if...
(Remember - internal experience is neither right nor wrong, it just is)

5. Connection via Acceptance and Empathy

Explore thoughts, desires, urges, motives underneath the behaviour.
How can I help my child experience that I'm trying to get it?
This is a deeper A & E response based increased understanding.

6. Correction (Decide on any further behaviour support)

Do I need to do anything further?
- Increase structure and supervision
- Provide a consequence
- Problem solving
- Reflect with child later

Has PACE been enough?

7. Relationship Repair

Do I need to repair the relationship so that my child knows what has happened has not affected our relationship?
Do I need to help my child repair a relationship with others?

Caring Families
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From the Foundations for Attachment Training Resource, 2017 - Kim S. Golding