

The Parenting Sandwich

The Pickle On Top

Check in with yourself first - Tune into yourself and ask:

- What impact is the situation having on me?
- How am I feeling?
- Am I too stressed/frustrated/triggered to respond right now?
- Do I need a moment for myself first to feel more settled?
- Could I be more self-compassionate?

The Sandwich Filling

Support Positive Behaviour:

- Different responses for different:
 - Situations & Stages of the escalation cycle
 - E.g., shaping behaviour, scaffolding, limit setting, redirecting, ensuring safety, descriptive praise, co-regulation, limited choice
 - Remembered the importance of timing
- Remain calm, warm, sympathetic & clear

The Top Layer

Connect - Establish Relationship

Connection with:

- Verbals
- Non-verbals
- Physical posture
- Physical positioning
- Touch
- Use empathy to build a connection

The Bottom Layer

Re-connect - Your child needs to know:

- They are loved unconditionally
- The relationship is stronger than what happened
- Responding to big feelings and to behaviours can cause natural, normal relationship ruptures.
- Re-connection is the key
- Especially if you had a moment yourself



Remember every child is unique
Tailor how you do each layer to each child