

The difference between Traditional Parenting & Therapeutic/Trauma-informed Parenting

Traditional Parenting



Problem-focused approach using behaviour management tools.



Time out - Child is removed from situation to calm down on their own.



Sanctions and Repercussions:
Both sanctions and repercussions can be related or unrelated to the context and used to manage learnt behaviour.



Distraction/deflection -redirecting child away from the issue that presents itself.



Rules & Boundaries



Repercussion support - saying sorry



Reward charts



Focus is on age-appropriate discipline

Therapeutic Parenting



Solution-focused approach using Playfulness, Acceptance, Curiosity & Empathy which is used to regulate child's emotion & establish root cause of behaviour



Time In - Trusted adult stays close to child using parental presence to support the child to emotionally regulate



Applying cause and effect learning, including natural consequences, extended natural, and logical consequences, with a focus on nurture



Parental presence, co-regulation and the use of empathic commentary



High structure/high nurture approach



Repair work - showing sorry



Observation & concrete praise



Focus is on emotional & experiential stage-related support which is appropriate for the child