



Therapeutic parenting strategies or regulation tools work much more effectively when some kind of connection and attunement is present within the relationship. However connection is experienced differently from family to family, person to person.

Children, adolescents and adults who have experienced trauma, loss and intense stress within relationships may find connection extremely challenging and in some cases, threatening and dangerous. This often leads to rejection of connection, which may even become violent at times. This can increase the emotional and physical disconnection and distance between parent/carer and child.



Developing or healing our relationship to connection needs to be done in ways that are tolerable and respectful for both the parent/carer and child and can start at a distance and move in over time as attunement and trust grow.



Over the next few pages are some tolerable, direct and indirect connection ideas that help us to connect to the heart, body or mind of another.

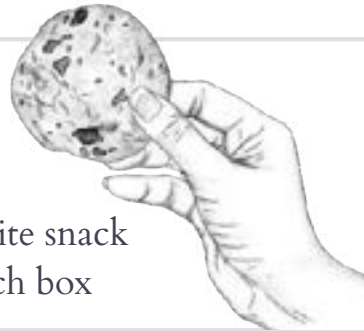
Connection From A Distance

Holding a young person in mind even when they are not with you



Reverse a baby monitor and put it in their room so they can hear and/or see you when they're going to sleep

Surprise them for no reason with their favourite snack in their lunch box



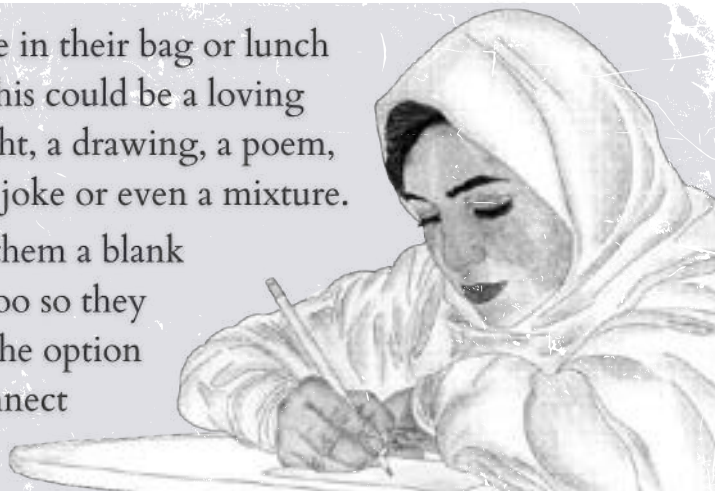
Assign a special ringtone and let them know it belongs just to them so you can prioritize them when they call



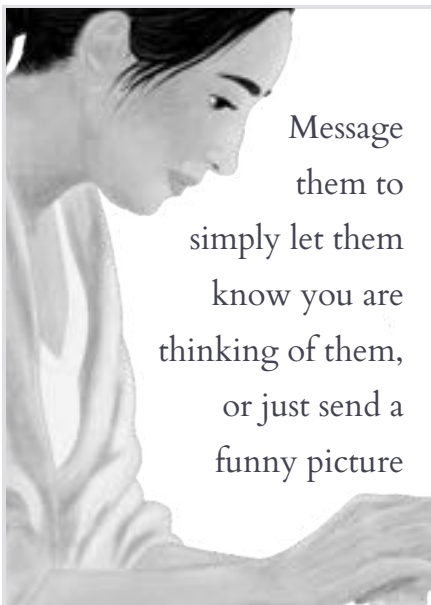
Spray your scent on the sleeve of their uniform or let them use your moisturiser before school



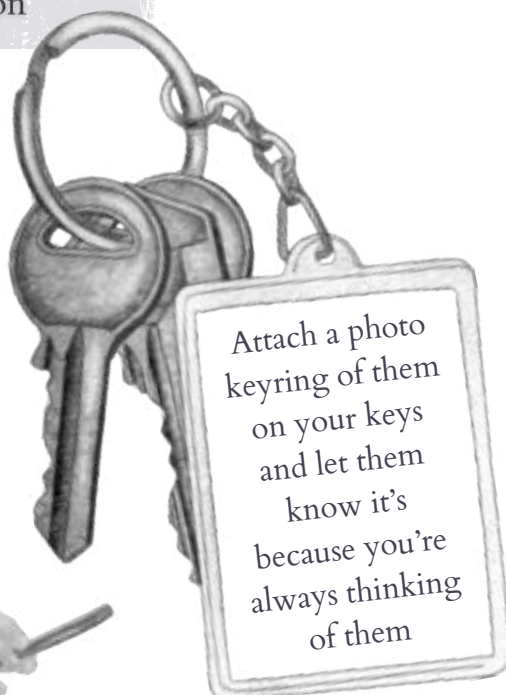
A note in their bag or lunch box: this could be a loving thought, a drawing, a poem, a silly joke or even a mixture. Give them a blank card too so they have the option to connect back



Draw a symbol on their hand and yours, let them know that everytime they press it, it sends virtual hugs or love to the other person



Message them to simply let them know you are thinking of them, or just send a funny picture



Attach a photo keyring of them on your keys and let them know it's because you're always thinking of them

Play a 3 word story game over text. Create a story using only 3 words at a time to create a silly story



Tolerable Nurture

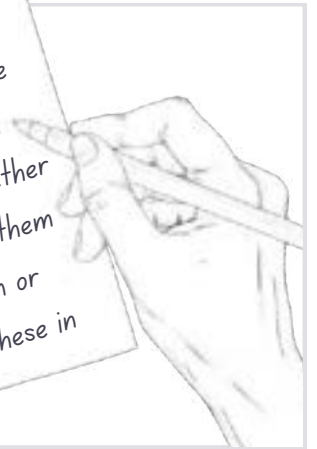
Holding a young person in mind, even if you are in a different room

Watch TV, film or YouTube together. Try protecting a specific time every day for this



Sing happy, loving songs from another room and change a key word to include their name

Co-create a bucket list of manageable mini dates you want to do together and surprise them with them or schedule these in

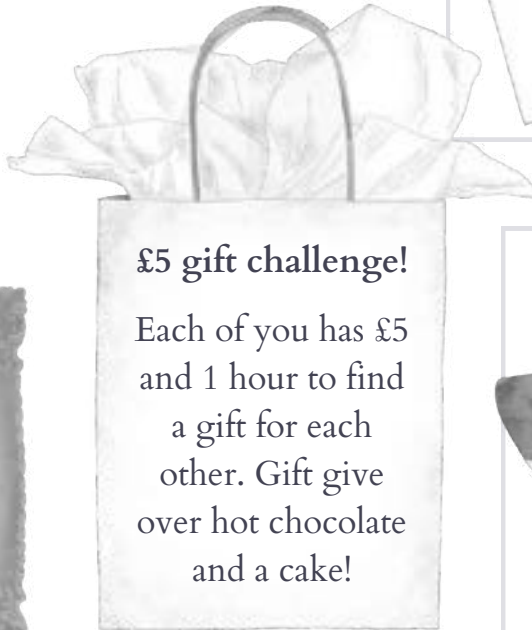


Put up recent photos of you together in every room

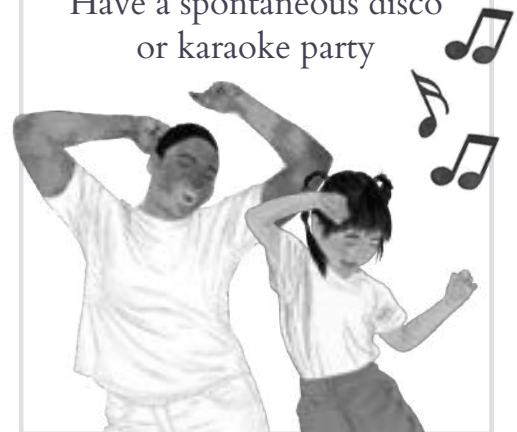


£5 gift challenge!

Each of you has £5 and 1 hour to find a gift for each other. Gift give over hot chocolate and a cake!



Have a spontaneous disco or karaoke party



Have a visible memory box of the things they have made, copies of nice texts etc

Go swimming, play games, race, do handstands, dive for weights



If they can tolerate touch, briefly touching their shoulder, back or hand when passing or eating dinner

Gaming together



Mutual face painting, make-up or nail painting

