

The House Model of Parenting

By Kim Golding

Rewards and Sanctions

Help a child to manage behaviour

<p>Step aside from confrontation Discipline with empathy, avoid battles, remain calm</p>	<p>Choices and logical consequences</p>
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<p>Structure Provide familiar routines and clear boundaries</p>	<p>Supervision Provide supervision matched to need of child, regardless of age</p>	<p>Security Help the child to feel safe</p>
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<p>Attunement Help the child to experience emotional connection and understanding</p>	<p>Interactive Repair Let the child know that they are still loved and valued</p>	<p>Re-attunement Re-establish attunement following episodes of mis-attunement</p>
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<p>Family Rituals</p>	<p>Family atmosphere Maintain positive emotional ritual</p>	<p>Help child to experience mutual enjoyment</p>
<p>Looking after yourself Support, rest, relaxation</p>		<p>Claiming Help child to belong</p>

<p>Be Playful</p>	<p>Be Accepting Accept the child and what the child feels</p>	<p>Be Curious Understand child's feelings, thoughts and beliefs</p>	<p>Maintain Empathy</p>
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<p>Secure Base Provide security and a solid foundation for the relationship. Everything else builds on this foundation</p>
