Parenting – VAD (E)

Being Strong, Wise



V

Validate

Validate: Communicate to the other person you can see they're struggling with feelings/ thoughts. "I can see you're struggling" "I realise this is hard." "I can see you are busy". "You seem upset?"; "You seem frustrated/anxious/ sad"; "Yes, it's really difficult/ really tough";



"AND"

A

Assure

Assure: "It's okay to feel that way"; "It makes sense"; "If I was in the same situation, I think I'd feel ……."; "We can figure it out together." "It's going to be okay"; "I love you and I'm here for you"

NO "BUTS"

D

Direct

Direct: "What do you think will be helpful right now?"; "What can you do to settle yourself?" "What can you do to make things better and not worse?" (If not settling or becoming increasingly distressed, parent to be more assertively directive, whilst staying calm, consistent & kind)



E

(use an) Easy manner

With an



Easy Manner:

Use non-threatening body and verbal language. Identify if you are feeling defensive or stressed, breathe, & try to focus on what they need at this moment. Do not communicate judgement about their worries or their response.

"Chill out!"; "You're being too sensitive"; "You're overreacting"; "It's not that bad"