

# Contents

Quick guide to finding your way around	ii
Preface	iii
<b>What the Hope for Children and Families programme is and sets out to do</b>	iii
<b>The contents of each intervention guide for practitioners</b>	iii
<b>Guiding principles</b>	iv
<b>Components</b>	v
<b>Using the resources</b>	vi
Acknowledgement	vi
<b>B Working with children: Working with abusive and neglectful parenting: Modifying abusive and neglectful parenting [MP-BI]</b>	<b>1</b>
<b>Purpose of these modules</b>	<b>1</b>
<b>How abusive and neglectful parenting affects children’s emotioal and physical development</b>	<b>2</b>
<b>Discussion of the role of stress</b>	<b>3</b>
Positive stress	3
Toxic stress	4
<b>Stress and parenting</b>	<b>5</b>
The relevance of stress for abusive and neglectful parenting	5
The importance of seeing stress as an inherent aspect of parenting	5
Normal stress and toxic stress, and the way stress factors can impact on parenting	5
Examination of toxic stress in the lives of parents	6
Ameliorating sources of stress in parents’ lives	6
Tracking the impact of stress	6
Focusing on thoughts, feelings, perceptions and attributions about children triggering abusive actions	6
Exploring and ameliorating parents’ misunderstanding of children’s behaviour and their punitive responses	6
The importance of clarification, taking responsibility for abusive acts and apologies for abusive action	6
<b>M Enhancing children’s competence: How abusive and neglectful parenting affects children’s emotional and physical development: Psychoeducation [MP-MI]</b>	<b>8</b>
<b>Content</b>	<b>8</b>
<b>Materials</b>	<b>8</b>



## Main steps

Whether parents think a child has been affected by the harm they have experienced	
Signs they have noted	
Introducing the long-lasting effects of exposure to abuse on learning and emotional functioning	10
How we parent affects our children's development	10
What helps children to develop their capacities?	11
How does a good environment help?	11
Why is being exposed to abuse harmful even if children can't remember it?	11
What about physical effects?	12
What can a parent do if their child has been harmed?	12
Is love enough?	12
Responsibility for violence	13
Being able to put things right	14

## M Enhancing children's competence: Parents coping with stress and the link with abusive and neglectful parenting [MP-M2] 15

**Content** 15

**Materials** 15

**Main steps** 16

Introductory discussion	16
Focus on parenting daily hassles	17
Focus on children's temperament	18
Factors which affect you personally as a parent, which cause you particular stress	18
Exploring situational stressors	20
Parental reaction to family of origin issues	21
The context you are living in	23
Managing stress	23

**Special cases: Mental health, drug and alcohol problems, learning disability and domestic violence** 25

## M Enhancing children's competence: Helping parents cope with negative perceptions of their children [MP-M3] 27

**Content** 27

**Materials** 27

**Main steps** 28

Discussion of the consequences of being in a stressful situation	28
Changing perceptions of children's behaviour	28

## M Enhancing children's competence: Clarifying, sharing and reconciling the impact of abusive and neglectful parenting [MP-M4] 31

**Content** 31

**Materials** 31



## Main steps

- Working with the abusive individual
- Working with a child who has been harmed

## Materials to copy, print or download for use in sessions

Recognising the possible effects of the impact of abusive and neglectful parenting on children [MP-1]	36
Fear and anxiety affect the brain architecture of learning and memory [MP-2]	37
A simple model of stress rationale [MP-3]	38
Parenting Daily Hassles [MP-4]	39
How does children's temperament affect us? [MP-5]	40
Quick calming [MP-6]	43
Quick calming practice [MP-7]	44
My relaxing place [MP-8]	45
How does stress in parents lead to harm of children? [MP-9]	46
ABCs of CBT [MP-10]	47
Work required before and after meetings between the victim and perpetrator [MP-11]	48
	50

Preview