



BUILDING FOUNDATIONS

BUILDING FOUNDATIONS

- ◇ To ensure families work well and are fun to be in , we need to have family baseline building blocks in place first;
- ◇ Negotiation, realistic boundaries and family rules only work if we have first built a trusting ,safe and honest rapport with the young person
- ◇ As a parent, we need to spend time with young people, listening to them, talking with them, empathising and having fun together;
- ◇ The benefit of having a parenting system in place which includes many of the building blocks in the diagram will be an increase in both young people's and parents' self esteem. Family abilities to co-operate with others, to take responsibility and to think things through will improve .
- ◇ Young people will transition to independence more easily and effectively with a reduction in misbehaviour and increasing calm in the family home;