

# Butterfly Parent Training

Welcome and Introductions

I need a parent

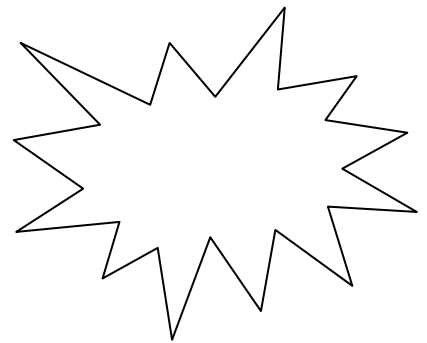
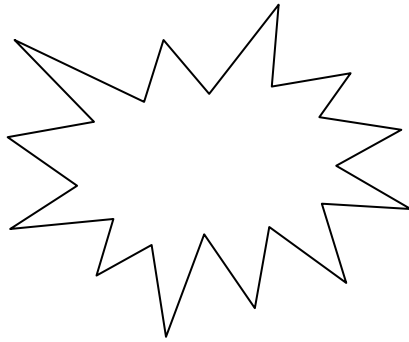
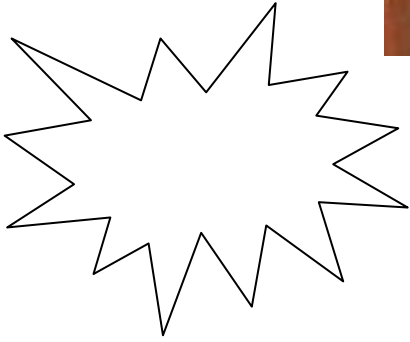
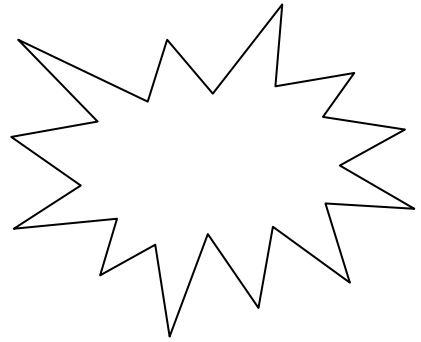
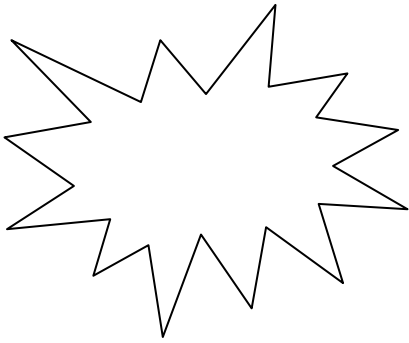
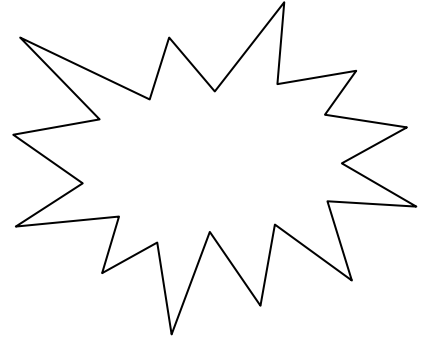
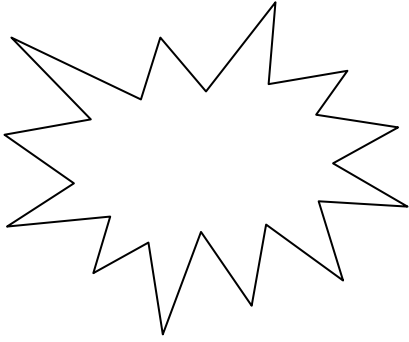
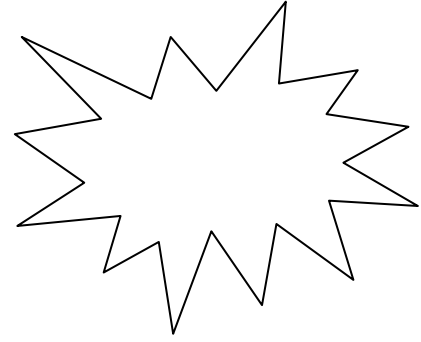
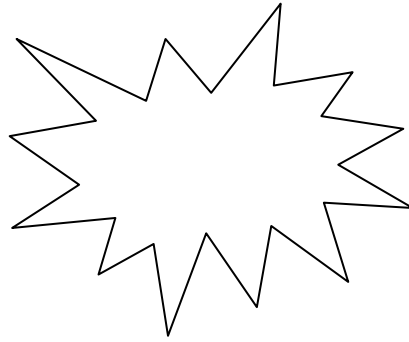
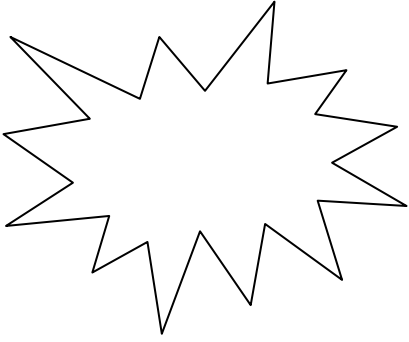
Growing a child

Things that get in the way of a child's healthy development

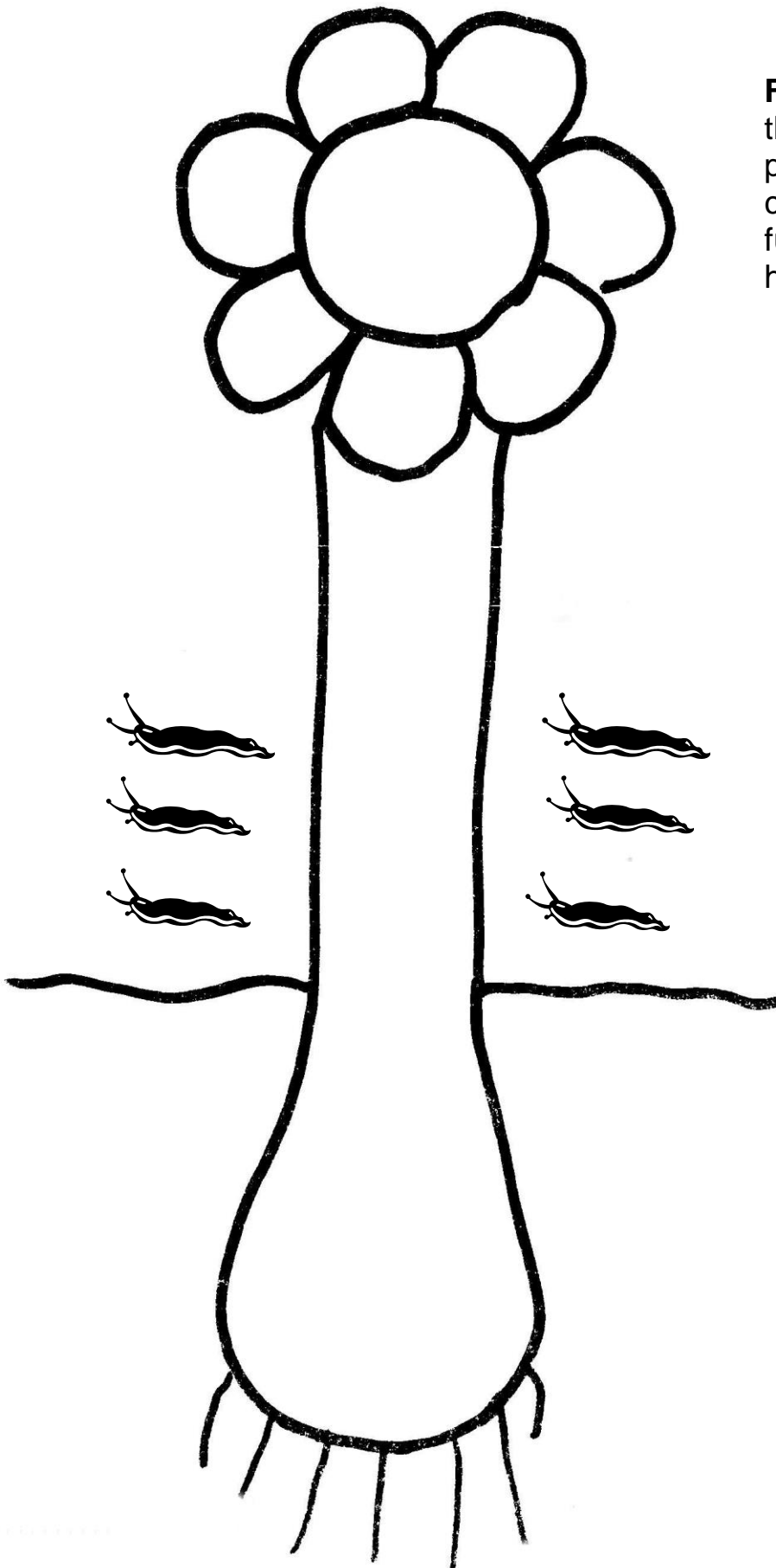
Coping strategies

Homework task

I need a parent/carer that will



# GROWING A CHILD



**Flower:** this symbolises the attributes that parents feel their children will need in the future e.g. health, happiness

**Stem:** this symbolises those things needed to cope with events that can have an adverse effect on the child's development

**Slugs:** possible events that could affect development

**Soil:** those tangible things needed to help a child develop e.g. food, warmth

**Seed:** the initial human being i.e. the child's potential, health, temperament and learning ability

**Ways of coping when times are hard**

- Keeping busy (too busy)
- Avoiding problem (denial)
- Withdrawal and sometimes depression
- Obsessive focus
- Angry blaming
- Disorganised problem

**Better ways of coping**

- Seeking support from family/friends/professionals
- Keeping ordinary family routines
- Making time for yourself and looking after yourself
- Talking things through with someone you trust
- Finding ways to relax

**Sometimes things are overwhelming**

**THAT WAS THEN THIS IS NOW  
A TIME TO REPAIR AND REBUILD**

## Homework Task

We have looked at growing a child. Now think about what you want your child to achieve, what your aims are for your child. Also what may have interfered with your child's development.