

Recognising when you need more support

- You're feeling isolated or alone in your parenting journey
- The strategies you've tried don't seem to fit your family's needs
- You're experiencing thoughts or feelings that worry you
- Your stress is affecting other areas of your life
- You want someone to talk through your experiences with.



Trust your instincts. You're the expert on your own family. If something feels off or you're concerned, those feelings are important information.

♥♥♥ You have valuable insights about your child that no one else has ♥♥♥

- Your love for your child is a powerful foundation for growth
- Every family's path looks different, and that's okay
- You're allowed to change course when something isn't working
- Asking for support shows how much you care

For more information, please use the QR code



bacp | professional standards authority
collective mark accredited register
Registered Member 398293
MBACP

 **CREATIVE COUNSELLORS®**
Integrative Creative Supervisor

Born to

Thrive

Counselling & Supervision



Your Parenting Journey: Finding What Works for Your Family





Parenting is filled with complexities. Whether you are facing abuse from your child, navigating the complexities of raising children, seeking to strengthen family bonds, or striving to balance your personal and parenting roles. I aim to offer personalised strategies and support to empower you in your parenting journey. I will explore solutions with you and celebrate the strengths that make your family unique. In a one-to-one 10-week course.

I aim to provide a warm, supportive environment where you can find the support and encouragement tailored to meet your specific needs with compassion and understanding, regardless of your circumstances.

Your Experience Matters

Every parent's story is unique. You know your child better than anyone, and your feelings, challenges, and successes are all valid. This is a safe space to explore what's going on and collaboratively explore ways forward that feel right for your family's situation. It isn't about teaching you how to parent or telling you what to do.

Are you:

- ☐ Feeling overwhelmed or out of control
- ☐ Are you walking on eggshells
- ☐ Yelling or using harsh words
- ☐ Feeling disconnected from your child.
- ☐ Is your child lashing out verbally or physically?
- ☐ Threatening you or others or to harm themselves
- ☐ Blames you and others for their behaviour.

Understanding your child's world

Each child expresses their needs differently. Some children might show their struggles through defiance, or withdrawal, harming themselves, others or property. Others might seem to push boundaries or act out when they're feeling overwhelmed, scared, or misunderstood. Together, we will explore your child's world.

Remember, every day is a new opportunity to build a better relationship with your child. Small changes make a big difference over time. Your child needs you to be healthy and emotionally available. Healing is possible for both you and your child.

