

Acts of Reconciliation:

What are they:

Something small that you know your child will enjoy.

You might prepare their favourite dinner or get a treat for them that they like.

You might offer a cinema trip to see a movie you think they will like.

What is the purpose of them:

You are showing your child that you love them and want to rebuild your relationship

To let them know that they are valued and loved for no other reason than they are your child

The child does not have to accept – this is not the goal

It releases you, the parent, from being the bad guy

Remember:

They are not based on behaviour and are not withdrawn due to bad behaviour

If the child refuses, do not let that be the cause of an argument