

## **Sit-In Questions for Parent/Carer**

**1. Did you manage a sit-in last week?**

**2. Tell me how it went?**

**3. If supporters were present how did they support?**

## Sit-in DO's and DON'Ts

### DO

- wait patiently and quietly
- Plan ahead and be prepared to sit in the room for one hour
- Be specific about what you want (eg We are not going to put up with you hitting your brother any longer)
- Have backup (in the house but not the room) if you anticipate your child may respond violently and tell the child (eg We thought you might be violent so we invited X to see this)
- Ask the witness to enter the room if the child behaves violently – this will likely stop the violence
- Return to normal routine once the sit-in is over and do not mention the sit-in or desired change
- Stop the sit-in if your child continues to be violent and you cannot protect yourself
- You can repeat the sit-in on another day if you have had to stop it

### DON'T

- Behave aggressively
- Blame
- Lecture
- Threaten
- Raise your voice
- Argue or fight
- Plead or bargain
- Question your child's suggestion suspiciously
- Threaten to return to sit-in if the suggestion doesn't work
- Overtalk