

Messages from parents who have been through Non Violent Resistant (NVR) Training for Child to Parent Violence (CPV)

Patience	NVR will work but you have to want it to be positive
Believe in Yourself	Believe that change is possible
There is something in NVR that every parent will find useful	Things wont change overnight but they will change over time
If you come each time you will see a difference	This group has changed out ways and in time will change the child
NVR goes through stages each week. It might take time for the different bits to connect	The role play may seem awkward but steel yourself and do it. It helps
Think of NVR as a roadmap for a long and difficult journey	Don't give up hope
NVR won't solve everything but it will help make some shifts	You will be discovering a new way of life
The NVR is only the beginning of a process	You will be discovering a new way of life
Identify supporters to help you	You can re-discover the joy of family life
Trust yourself to make changes happen	Try not to give up on NVR as time goes on you will benefit
The main focus of the programme is changing your own attitudes and behaviour	Keep your hope alive
Turn up for each session	Small steps make a big difference
Persevere	The little parts of the course can lead to changes for the better
NVR develops enthusiasm and compassion	It does work. Just give it a go
It is well work giving it a full go	NVR – it works
Be patient	Spend some time with family and friends
Shared trouble is half the trouble. Secret trouble is double trouble	There is a light at the end of the tunnel
You will be able to appreciate who is the adult in the parent child interaction	The sweet may be hard but once you bite into it, it will be sweet like the course

You are lost in the desert – NVR is a map that will get you back to civilisation

The feeling of something shifting when you get a little bit of success using NVR is sweet

Don't be afraid to be open and honest

Break the chains of silence

Keep calm, focused and stay in control. It is hard but rewarding

It is like dropping a pebble into a pond – the ripples spread out

Remember your strength as a parent

The process has already started because you have started the course

Don't give up hope

Try it out yourself

Break the silence

You don't have to believe what people say, just do it

Have some time to yourself

You're doing this not because you are a failure but because you love your children

Keep calm

Believe

Be strong, you can change things

Plenty of other parents are in the same boat as you

Turn to each other not on each other

Never give up

Have compassion for yourself and your child

Be prepared to change yourself

Do not give up on your child or on yourself

You are not alone

You will have better control at the end of the sessions

Prioritise what you need to change

Persevere with NVR. It works

