

## The Core Elements of NVR

- **Parental Commitment to Non Violent Resistance:** parents commit to resisting violence and to avoid violence when responding to their child, regardless of the provocation. This includes parents committing to avoiding verbal as well as physical aggression
- **De-escalation Skills:** the development of parental self-management and self-calming skills to de-escalate and avoid unnecessary confrontations
- **Increased Parental Presence:** changing the ways in which a parent is present in their child's life and refocusing interactions away from persistent conflict
- **The Support Network:** the parents' disclosure about the extent of the problems of the violence with a number of significant people who they also invite to be part of a support network, such as grandparents, aunts and/or uncles, or friends
- **Family Announcement:** an announcement to the family that violence at home will no longer be tolerated (during the announcement, the type of violence is clearly specified)
- **Acts of Reconciliation:** spontaneous unearned treats offered by parents to the child
- **Refusing Orders & Breaking Taboos:** reinstating activities that parents have felt they could no do such as visiting the child's room, talking to their friends who visit or watching the television in the sitting room.
- **The Sit-In:** a dramatic break with habits of the past and a clear demonstration of parental commitment to the non violent resistance