

Views from parents that have attended a FLASH group (Dorset 2014)

I wanted to be able to help my family as a whole understand and cope with the self-harm behaviour!

WE DO NOW!

When I attended the introduction session it was a relief to see it was not just my family who was going through this.

Using the I-statements enabled me to say how I was feeling too. It has really helped me to be calmer when dealing with a difficult situation!

WALKING ON EGGSHELLS!

I was afraid to put in boundaries because of the self-harm. I now know that these are needed so that my child can feel safe and cared for!

PARENTING STYLES.

Exploring different styles helped me to see that I am overprotective and that I need to be more consultant so that I can help my son find solutions to the problem!

Realising that self-harm is a way of coping and does not mean my child wants to die!