

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

LISTENING!

I realised that even though I thought I was listening to my son I wasn't at the times he most needed me to!

Thankyou to the whole group we have learned tips from each other which have changed things for the better!

CONSEQUENCES!

Identify natural consequences whenever possible to allow 'teenagers' to learn!

To take more time to listen and make sure I am giving my child my attention when needed!

Listen rather than react!

Praise him more even for the small things

Keep calm ! Make time!

SUICIDE & SELF-HARM

This was a very difficult session but was also very informative and I found my understanding of self-harm