



Dynamic Solutions for change

### **Planning for the future**

Hopefully over the last few weeks you have identified what does and does not work in your tool box. Planning is the most important thing you can do, so let's think first about all the problems that you think you will face when therapy ends.

First, it's a good idea to look back on the last few weeks and think about the changes that have happened. The best way to do this is to look at the diaries each week to see if you can spot how progress has happened. Also look back to week one and remember what behaviours you felt you would be able to live with, remember we are not trying to create perfect children who do as they're told all the time.

- what are the changes i can see?
- what are the goals for the next few months?
- what am i going to do to keep the change progressing?
- what are the practical steps i can take

### **Planning for the challenges over the next few months;**

Even though you have seen changes there will certainly be 'blip' moments where you and your child take a step back. This might happen when they have a school holiday, or when they change class, or maybe when you are having a hard time at work or not feeling well. Anything that disrupts the normal flow of your household, or impacts on your parenting will be a trigger for a step back. During these times, it's normal to think that things have gone back to the way they were and change hasn't happened. But remember; how you think effects how you feel and that effects how you act.

This means that it's important to use this book to remind yourself of the change that did happen, and to remind yourself of the strategies that worked and get back onto using Theraplay and using this book to help you change your behaviour back again.

- what are the problems i predict?
- what will be the early warning signs?
- are there any practical steps i can take
- what will stop me doing it? and how can i overcome these obstacles?

### **Keeping up the momentum**

Once you're on your own and all the stresses of parenting come back and you don't feel you have any support it is hard to keep up with all you've learned. So it's a good

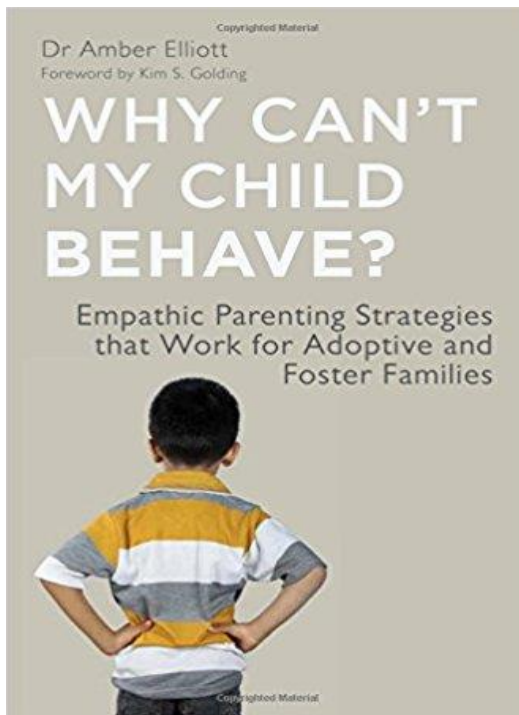


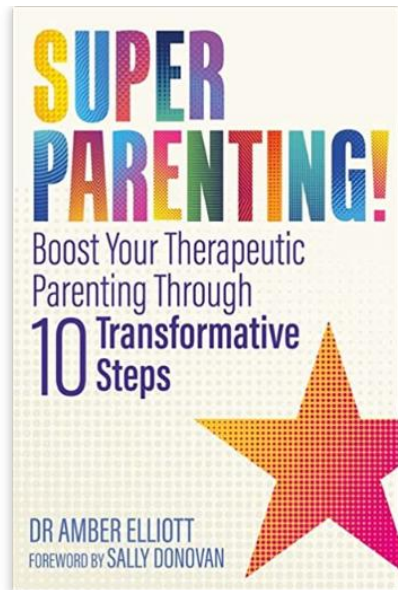
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idea to plan for this before the end. Could you put aside the therapy two hours to do something therapeutic that will help you all get closer?

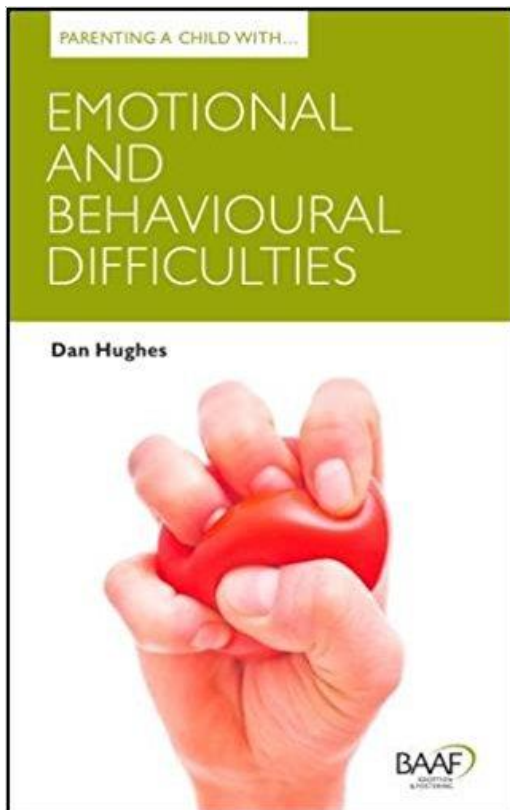
### **Building the tool box: helpful books**

*Dr Amber Elliott book*





Dan Hughes DDP book



Brain based parenting



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