

RELATIONSHIP SKILLS

Pushed

“I didn’t want that.”

In the book: Chapter 8 · Standing Strong

WHAT IS UNDERNEATH — AN IFS VIEW

A boundary part waking up. Often mislabelled defiance — it is the first healthy “no” of a child who has been going along with things.

TRY THIS, RIGHT NOW

Practise: “No thank you, I don’t like that.”

FOR THE CHILD

Practise the sentence out loud when nothing is happening: “No thank you, I don’t like that.” Words are easier when they’re rehearsed.

FOR A PARENT

Let them say no to you sometimes, in small safe things. A “no” that is never allowed at home cannot be found at school.

FOR AN EDUCATOR

Back the boundary in public, handle the behaviour in private. Otherwise the child learns saying no gets them in trouble.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.