

Why We Don't Ask Why

by Sarah Naish

Over the last three years, I have seen many thousands of posts on the Facebook page and there are often similar themes running through about 75%, as our children do tend to present us with similar challenges.

A few (pointless) strategies come up very often....

- 1) Asking a child why they did something
- 2) Insisting a child 'owns up' and stops lying to you
- 3) Having discussions about behaviour.
- 4) Engaging in long explanations and extracting promises around future behaviours.

Although these strategies might be effective for securely attached children, they are not used in therapeutic parenting.

Here's why.

<https://m.youtube.com/watch?v=o-IYlkDlkgk>