

NATP 135 – Tomorrow is another day!



NATP
NATIONAL ASSOCIATION
OF THERAPEUTIC PARENTS



Centre of Excellence in
CHILD TRAUMA

Tomorrow is another day!

Have you ever lost it?
Ever got it wrong
We must choose to forgive ourselves
Learn and then move on
We can't be held accountable
For things we never knew
When Parenting the standard way
Was all there was to do
Now we have much info
The research is quite clear Therapeutic Parenting
For those we hold most dear
We have to find our triggers
So, we are more aware
Of those really tricky moments
That interrupt our care
Honesty is difficult
We have to look quite deep
To find those dreaded memories
That knock us off our feet
Or is it your strong moral code
That often gets in the way
Of letting go of little things
That pile up through the day
Maybe it is rooted
In the way that you were raised
Perhaps Love was conditional
With very little praise

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Or is it dreaded trauma
Lurking deep inside
That takes you to an ugly place
From which you'd rather hide
None of us are perfect
We're bound to make mistakes
Regular repairing is often all it takes
Repairing with our children
Can often be quite tough
To really say you're sorry
When you've just had enough
That's when we need to realise
The real work starts with us
Delinking all our own triggers
Plus, self-care is a must
Put the past behind you
Throw your guilt into the bin
Tomorrow is another day
Let that day begin!

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