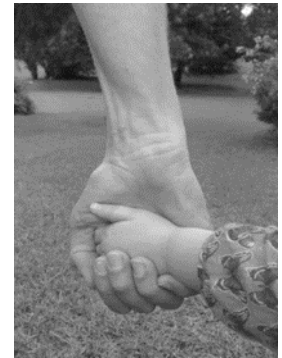




Parenting

Protecting children from personality disorder symptoms

Sometimes parents who struggle with personality disorder or difficulties with emotion regulation, identity or relationships can feel so overwhelmed that it is difficult survive in the moment, let alone consider the needs of their children.



Using practical strategies

It is important to take the time when you are feeling less overwhelmed to think about and begin to put in place some practical strategies to make sure that children do not witness behaviours that will distress them.

Some of these strategies may include:

- Ensuring that children are safe (e.g. safe toys in a safe environment) and take a short break or time out to calm down before coming back to children.
- When children are not yet at school, consider day care as a safe option for parent and children to have a break from each other.
- Implement the Family crisis care plan to seek assistance in caring for the child for a brief period of time.
- Seek emotional support from services or other adults rather than from the child.
- When appropriate, discuss the plan with the children.

What are some other practical strategies that might work for you and your family?

1. _____

2. _____

3. _____

