

PACE by Dan Hughes

This is not a 'tick list' of things to do with children or a list of 'strategies'. It's a way of being or an attitude. It's like the water that fish swim in, always there supporting and guiding, the backdrop for everything else.

Playfulness

- Create an atmosphere of lightness and interest when you communicate
- Develop a light tone of voice as you might use when storytelling
- Have fun and express a sense of joy
- It's not about being funny all the time or making jokes when a child is sad, think of silly voices and games where your child often gets to win

Acceptance

- Communicate to the child that you accept the wishes, feelings, thoughts and motives that are underneath the outward behaviour
- Accept without judgement
- Be firm in limiting behaviour while at the same time accepting the motives for the behaviour

Curiosity

- Wonder about the meaning behind the behaviour
- Let the child know that you understand
- The intention is to simply understand *why* and to help the child with understanding
- Don't expect a response or 'answer' from the child

Empathy

- Allow the child to feel your compassion
- Show that you want to be with the child in hard times
- Let yourself feel the sadness or distress of the child and communicate this with them
- The message is that the child doesn't have to feel their painful feelings alone
- Communicating strength, love and commitment. Together we will get through this



Adapted from : <https://ddpnetwork.org/about-ddp/meant-pace/>