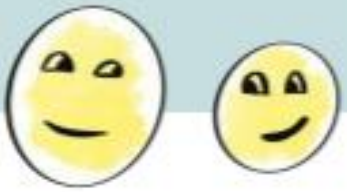
FOR PARENTS/CARERS OF CHILDREN AND TEENS



What is PACE?

Playfulness
Acceptance
Curiosity
Empathy

Developed by Dr. Hughes.

PACE is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is communicating using these elements together flexibly, not as a step by step process. PACE focuses on the whole child, not just the behaviour.

"So it's a small 'p' and a capital 'A' 'C' 'E' because I always am accepting, curious and empathic. Sometimes I'm not able to be playful. If I can be playful great, but if I can't I throw it away."
- Dr. Dan Hughes

For more information visit the DDP Network website (https://ddpnetwork.org/) and search for PACE

Here are our tips and advice for using a PACE-ful approach when talking to children and teens about COVID-19 and the current government guidelines.

Be honest and factual

Keep it simple and age appropriate. Think about your sources of information, are they reliable or unreliable ? Consider where your child or teen is getting their information from. Websites from Public Health Wales or WHO are the most reliable.

Mental Health Foundation

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Resilience Project
Prosiect Gwydnwch

Llywodraeth Cymru
Welsh Government

PLAYFULNESS

is NOT about being funny or making jokes all the time but having fun and being playful when it feels right. It is about expressing...

Pleasure JOY Hope FUN

By using a light tone in your voice like you would when reading a story to a child



And setting time aside for playfulness

Playing games together

Doing things that make you both laugh

Adding an element of fun to everyday tasks

ACCEPTANCE

is NOT about accepting harmful behaviour, boundaries around behaviour are still very important and safety should always be prioritised. It is about accepting the child or teen's inner experience. Including their; thoughts, wishes, needs, feelings and motivations.

Their behaviours are often what you see on the surface



behaviour

"I want to go to nanny's house"

"It's just so lonely being stuck inside"

Their thoughts, feelings, wishes, motivations, needs are often the underlying reasons for



CURIOSITY

is NOT about being judgemental, anticipating a response, or directly asking "Why did you...?" It is wondering about the reasons behind the behaviour which often leads to a better understanding.



What do you think their behaviour was about? What do you think is going on for them?

Are they...

Bored?

Missing friends and Family?

Feeling helpless?

Worrying about what happens after this is over?

Frightened about the news?

Do they ...

Miss their school teacher and classmates?

Need some time to play?

Wish life was normal again?

Need a break or some space?

Once you have a best guess as to what lies beneath the surface for your child or teen, wonder aloud...

"Ugh, science is so rubbish"

"I've noticed you seem a little frustrated today, I'm wondering if there's something about this work that's bothering you"

"I'm so bored of facetime!"

"I bet it's not the same video calling your friends, I imagine you just want to see them in real life and give them a hug"

"I don't want to go back to school"

"I wonder if you're feeling a bit scared or worried about what's going to happen. The news can be frightening can't it"

And if we get it wrong, that's okay too





EMPATHY

is about actively showing that you understand and have compassion for your child or teen's experience. It is standing in their shoes and staying with them throughout their emotional experience.



Empathy drives connection

"I just really miss everyone"

"It's so hard when we can't see our friends and family when we love them so much. It must be so painful that you can't just give them a hug"

"I'm so bored and fed up of it all"

"I can understand that... I think I'm starting to see how frustrating and unfair this all feels for you"

"I guess I just feel a little sad some days"

"Thank you for telling me how you're feeling. I know it can be hard to talk about how we feel sometimes"

It is also important to have empathy and compassion towards yourself in these difficult times too

To see our video on self-care for parents/carers, search for 'Cardiff and Vale Resilience Project' on Youtube







For more on empathy check out 'Brené Brown on Empathy' on Youtube

TOP TIPS



Playfulness

Use a light tone of voice

Acceptance

Accept the child or young person's feelings or emotions, but not harmful behaviour

Curiosity

Wonder about what's beneath the behaviour

Empathy

Show the child that their experience is important to you

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