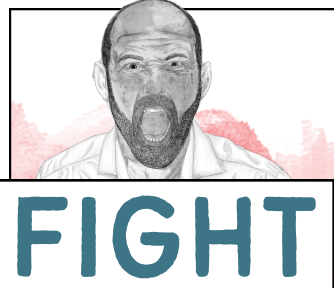


# WHAT DOES SURVIVAL MODE LOOK LIKE FOR US AS PARENTS AND CARERS?

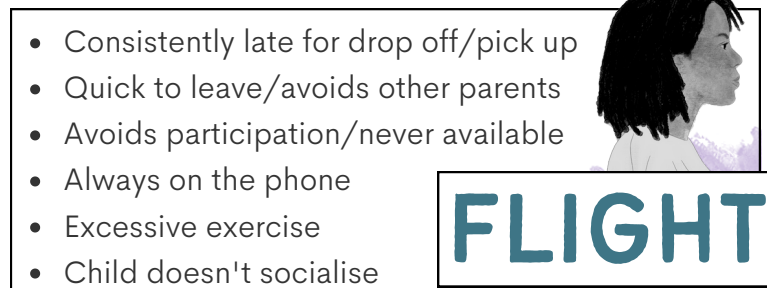
The school gate, on the phone, nursery drop-off, parents' evening, meetings, therapy... what if the parent or carer in front of you is communicating through their behaviour that they are struggling? Instead of labelling them a 'difficult parent' or a 'hostile carer', could we step into our curious and compassionate parts and explore if there is anything else that is going on?

In your role of 'professional', do you recognise yourself in any of these modes when working with parents and carers? Offer yourself the same curiosity and compassion. What else is going on for you within this relationship?



## FIGHT

- Disproportionately angry
- Loses temper easily
- Reactive
- Defensive
- Consistently late for drop off/pick up
- Encourages to 'give as good as you get'
- Confrontational
- Controlling
- Tearful
- Dominates professionals' time



## FLIGHT

- Consistently late for drop off/pick up
- Quick to leave/avoids other parents
- Avoids participation/never available
- Always on the phone
- Excessive exercise
- Child doesn't socialise with other children
- Ignores all communications
- Avoids eye contact/keeps head down
- Criticising
- Chaotic
- Panicked
- Tearful
- Blaming
- Anxious



## FREEZE

- Disinterested
- Forgetful
- Ignores all communications
- Pre-occupied
- Collecting in pyjamas
- Consistently late for drop off/pick up
- Avoids parents' evening
- Victim stance
- Tolerates issues; doesn't seem to want resolutions
- Doesn't participate in meetings
- Backs down quickly if issues are raised
- Compliant
- Avoids eye contact/keeps head down



## COLLAPSE

- Disengaged
- Hopeless
- Overwhelmed
- Forgetful
- Collecting in pyjamas
- Consistently late for drop off/pick up
- Avoiding parents' evening and all communication
- Oblivious to appearance of self and child



It is important to remember that like children, these behaviours need to be thought about in the context of a person's whole story and not as stand alone evidence that a person is in survival mode.