

# Work on family as a system

TOURNIER CHRISTINE 22 FÉVRIER 2023 13H09 UTC

## Desensitize parents first!

some parents need to be helped in coping with their own emotional discomfort BEFORE they can adequately provide support for their child

## brainstorm with parents

about ways to incorporate therapy goals into their family system or daily routine

## make a chart of family weekly schedule

ask (and write down) about weekly schedule of each member of the family, to tailor your proposals to their ability to organize themselves

## encourage autonomy

provide support to parents for encouraging their child to be autonomous: if adolescent, can he come by himself? help them to decrease their tendency to over protect the child: give precise steps and goals!

## work with siblings

provide parents and siblings tips to solve daily conflicts (cf: Faber and Mazlisch books)

## beware of parent's general wellbeing

give attention to general health of the parental relationship, encourage them to take care of their relationship as a couple

Treatment of stuttering must involve all members of the family, both emotionally and in terms of time and effort. Unanimous consensus, compliance with the same rules. In my practice, parents want to transfer responsibility to specialists. Most often, not all family members join the treatment process.

## By including the method used in therapy in the games, we can enable families to practice it at home.

First of all create a group for communication where every member can share their experiences. Then schedule monthly or bi-weekly meetings to evaluate progress. Provide resources and maybe some reading tasks to increase their awareness.

## Collaborative work can be done with the family. If we give an example of these studies, we have the chance to speed up the process with game activities or with original assignments we have prepared.

## Listen to the emotions of the parents when they heard their child struggling with stuttering. Name and validate their emotions so that they feel understood and become available to become partners in the therapy . The idea is to take care with the parents so that they are safer and able to help their child

**we can also inform the families of the child's playmates in the neighborhood**

**A stuttering information leaflet may be given.**

**Involve the people around the child in daily life (brothers/sisters, parents, babysitter, teacher etc). Provide all the basic information about stuttering and find out where they struggle with and give them advice and/or practice that with them in the sessions.**

The strengths and weaknesses of the family can be determined by watching the video of the parent-child interaction

**work with neighbours**

**work with grandma or grandpa if needed**

**work with the relationship between mom, dad, and child.**

**include siblings**

1 session with siblings to provide information about stuttering, let them express their feelings, brainstorm on how they could help

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