FREE RESOURCE · TIM.P SESSION 11

PACE, in everyday words

Not a technique, but a way of being with a child. Here's what it can sound like at home.

P

Playfulness

Light, warm, unhurried energy that signals: there's no danger here.

> *"Oh no, the socks have escaped their drawer! Shall we become detectives and search them out?"*

A

Acceptance

Accept the feeling, even when you can't accept the behaviour.

> *"You're really cross I said no. That makes sense. You were looking forward to it."*

C

Curiosity

Wonder aloud, rather than explain or correct.

> *"I'm wondering if today felt really hard. I wonder if you thought I'd be angry?"*

E

Empathy

Sit in the difficulty alongside them, so they're not alone with it.

> *"That sounds so hard. I'm here. We'll get through this together."*

PACE was developed by Dr Dan Hughes as part of Dyadic Developmental Psychotherapy (DDP) · ddpnetwork.org