



RESPONSES

Fawn Strategy

Once you have determined the child's most frequently used safety strategy, you can use this list to select responses that will help the child find safety in other ways, bearing in mind the child's emotional needs and the boundaries of your relationship.

- Teach conflict resolution tools.
- Seek out a low-risk leadership opportunity for the child. (e.g. playing with a younger child, demonstrating a skill)
- Provide education on the healthy expression of emotions. Help the child stop and identify feelings as they move through the day.
- Help the child set an achievable goal and support them as they work towards it. Provide feedback on their progress and celebrate success. Debrief on the process.
- Support the child in making increasingly meaningful choices, consciously asking them to name personal preferences.
- Participate in imaginative play where the child takes on a variety of roles that offer opportunities to exercise choice, power, and boundaries.
- Encourage self-expression through experiences such as journal writing, painting, movement, or dance.
- Teach the child assertive communication where they learn how to use "I" statements to communicate their feelings and needs.
- Help out with scheduling so that the child can block out time for themselves within commitments to others.
- Learn about current affairs and practice gathering evidence and offering opinions on what is learned.
- Help build the child's sense of humour through experiences like learning jokes, watching funny films, or trying out harmless pranks.
- Set up a regular routine where the child takes time to practice quiet calming techniques like meditation or guided visualization.