

01 873 3500



Non-Violent Resistance

Parentline continues to support the drive to end the shame and silence surrounding child to parent violence. Through our NVR trained volunteers we endeavour to give parents the tools and guidance to allow them to respond to this family fear.

Many parents are afraid of their own child, in their own home, because of abusive or violent behaviours directed at them. The Non-Violent Resistance (NVR) programme helps and supports parents deal with this behaviour and furthermore to take positive action to end it.

**Our lines are open from
Monday to Thursday from 10am to 9pm
and Fridays from 10am to 7pm.
Call 01 873 3500**

**You are not alone.
www.parentline.ie
Instagram @parentline_ireland
Twitter @ParentlineIre**



What you need to know about the NVR

- Sometimes parents or carers are afraid of their own child because of the abusive and violent behaviour directed towards them
- The NVR is a response to child to parent violence and abuse
- The NVR aims to end certain patterns of behaviour and repair the damaged relationship between the parent and the child
- It supports parents to change the ways in which they deal with violent, aggressive and controlling behaviours.
- Parents are supported in developing skills to de-escalate the abusive behaviour.
- Parents learn to increase their positive presence in their child's life
- It helps parents to understand that it is the behaviour that is the problem and not the child.

How Parentline supports parents with the NVR programme.

Parentline supports parents with information and guidance on how they can both prevent and respond to the controlling behaviours of their children.

- The NVR programme requires the commitment of taking a one hour a week phone call from a highly trained, experienced Parentline volunteer. This is done in a confidential manner.
- The programme can last from anywhere between 4 and 8 weeks depending on how well and quickly it is implemented.

- It is usually given to parents of children aged from 12 years to 17 years.
- Child to parent violence can be physical violence but it also includes verbal abuse, emotional abuse, manipulation, intimidation and any other coercive and controlling behaviours

Parents and the NVR

Parents experiencing child to parent violence can feel alone or embarrassed that this situation has arisen in their homes and they are not coping with it. Parentline tries to ensure that every parent who completes the NVR programme has as successful an outcome as possible for their family.

Using the NVR programme, Parentline volunteers support parents in stopping situations getting out of hand and defusing incidents that have led or might lead to them being attacked verbally, emotionally or physically.

What parents say about the NVR

- It gave them a lifeline and hope
- It made them feel they were not alone
- It gave them the confidence and skillset to deal with their situation
- Their relationship with their child improved
- They became more aligned as a couple in managing the situation and interactions with their child
- There is less anger and frustration on both sides
- They have a calmer house