**Some ways to respond to children’s challenging, hurtful and sad comments** Box 16

*I hate you I can see you are very angry with me.*

*Its hard when we can’t do/have ………*

*Maybe its hard for you when I have to get cross with you.*

*You are not happy about ……. are you*

*You hate me It’s hard when I need to say ‘no’ or ‘stop’. I know it is …*

*but I can’t let you ……….. because ………..*

*Does it make you feel I hate you because I sometimes need to say* ***no*** *to you.*

*Yes - you do hate me That must be very hard for you if you feel that.*

*I got really cross with you just now didn’t I …………*

*It doesn’t mean I hate you because can’t allow that behaviour,*

*But I do sometimes need to say STOP quite loudly to stop….. getting hurt.*

*I don’t hate you. I just need to keep us all safe.*

*No one likes me. Is that how you feel sometimes? That sounds so sad.*

*I’m just stupid rubbish I wonder what makes you say that Sam*

*It makes me feel very sad to think that you feel like that.*

*I’m useless. I’ll never … Its really hard to keep going with difficult things I know.*

*It can make us feel so useless sometimes.*

*Is there any way I can help you?*

*It would be better if I were dead Is that how you really feel? Oh Sam. That sounds so sad.*

*I wish I was still with my mum You’re not happy are you. I know it’s hard when I have I say no*

*I’m sure you think about your mum a lot,*

*- and you wish you could still be there with her*

*It's so sad that she can’t look after you.*

*No one cares about me Oh, Sam. That sounds* ***so*** *sad. Is that how you really feel?*

*No one ever cares about me Does it really feel like no one cares for you?*

*I/We care about you, but perhaps that’s hard to believe.*

*I hate my Dad You* ***hate*** *your Dad. That sounds a very hurting feeling.*

*I think you might be very cross with (your) dad, for ……*

(only say things here which *won’t trigger* further pain or humiliation)

*Why is everyone always picking on me?*

*Does it really feel like everyone’s always picking on you?*

*Yes! You pick on me all the time Does it feel like that Sam?*

*I have had to stop you doing ….. haven’t I.*

*But we both know it's not safe.*

*And it's my job to keep everyone safe.*

*It's not fair. You never let me … I’m so sorry if it feels unfair.*

*But I think we both know that if …. You will (both) get too excited,*

*and then you will do something you will later wish you hadn’t.*

*I’m/she’s never going to get better Do you worry about that Sam. ..... ..... SILENCE*

*That sounds a very difficult worry.*

*Is there anything I can do to help you?*

*Does it help to talk about it*?