Non-violent Resistance Programme

Building better, happier, safer families

ISPCC

There is conflict and or violence at home, what next?

Sometimes life at home can feel overwhelming and out of control. You may feel you are walking on eggshells.

When shouting, threats or aggression become part of everyday life, it can leave you feeling exhausted, isolated and unsure what to do next.

You are not alone. Many parents and caregivers experience conflict, aggression or violence from their children. But you dont need to suffer in silence, support is available.

"It has given me the tools to separate the behaviour from the child and to understand the importance of communication after the anger has passed. Stepping out of the ring has been invaluable."

"I have learnt to look after myself more, I am more self-aware of what triggers me, I am more organised with routine in place now."

Is the non-violent resistance programme right for me?

The NVR programme is designed for parents and caregivers experiencing conflict, aggression or violence at home. This can take many forms:

- invasion of personal space
- shouting, swearing and abusive language
- unwanted touching, punching, hitting, kicking, spitting
- throwing objects and damaging property
- Making threats: this includes threatening to hurt other family members, making threats in writing or in-person
- Using coerisive or emotional control

It may feel like you have tried everything and nothing works. This programme is here to give you new tools, fresh support and the confidence to take back a sense of safety and connection in your family life.

"The training has been very useful in managing angry outbursts/preventing them from occurring in the first place. I now pause, take a deep breath and keep calm."

Your step-by-step journey through the NVR programme

The goal of the NVR programme is to give you practical strategies to handle challenging behaviour and restore safety and peace at home. It aims to destigmatise parents seeking support for child-to-parent violence in a non-judgemental peer setting.

At a glance:

Duration: Nine structured weekly sessions

Location: Online, join where convenient

Cost: Free to attend for all

Bonus: Weekly check-ins by phone

Session 1

Introduction & Windows of Tolerance

We will begin by exploring what child to parent violence can look like, how stress affects behaviour and why anger is often a sign of distress. By understanding when your child is inside or outside their "window of tolerance", you'll be better able to respond with calm and care.

Session 2

Goals & De-escalation

You'll set realistic goals for your family and learn the importance of de-escalation. We will teach some basic techniques on how to stay calm, stepping back and breaking cycles.

Session 3

Increasing Parental Prescence

Discover ways to reconnect and show your child you are consistently there for them. We use the 3R method: Regulate, Relate, Reason. This simple method can bring calm authority to your home.

Session 4

Support Network

Violence thrives in silence. Here you'll explore the importance of safe, trusted supporters who can stand with you. Building that network means you are not alone.

Session 5

Refusing Orders & Breaking Taboos

Here you will look at re-establishing authority and boundaries in terms of what acts of service are expected of the parent (demand for money/clothing/games etc).
We will look at how you can reinstate activites that have been forbidden for the parent (visitors in the home, entering the childs bedroom etc).

Session 6

The Announcement

You'll prepare and deliver a calm, firm message to your child. Backed by your support network, this clear boundary makrs a turning point in restoring the safety and calm of the home.

Session 7

Acts of Reconciliation

These are small, unconditional gestures that show love is not withdrawn, even when behaviours must stop. Backed by your network, this clear boundary marks a turning point in your journey.

Session 8

The Sit-In

One of the most visible acts of non-violent resistance, the sit-in shows your presence and refusal to accept violence. It's about standing firm while staying connected.

Session 9

Building & Strengthening Resilience

Parenting under stress is exhausting. This session focuses on your wellbeing and resilience, helping you find ways to regulate yourself. Explore practical tools like breathing and grounding to build resilience over time. Reflect on the progress you've made, revisit core skills and set a plan for moving forward.
It's about sustaining safety, confidence and connection.

"It has helped me to see things from my son's perspective and I am now trying to accept him for who he is rather than who I would like him to be."

What will I take away from the NVR programme?

The NVR programme is about giving you the confidence and tools to handle difficult situations differently. Parents tell us that by the end of the course, they feel stronger, calmer and more hopeful about the future.

Some benefits:

- confidence to respond to aggression without escalation
- practical strategies that work in daily life and promote a stronger sense of safety at home
- peer support from those who understand what you're going through
- reconnection and improved relationship with your child
- empowerment to create a sustainable support network in your community for your family
- resourcing yourself and learning to focus on your own self care

"It was really useful to learn a new way to approach parenting as it is not something we would have learned from our own parents – helped me to slow down and not get into an argument."

You don’t have to face this alone

The NVR programme is free, confidential and designed to give you practical tools, encouragement and hope.

Change doesn’t happen overnight, but it does happen step-by-step. You can build a better, happier and safer family with ISPCC’s NVR programme.

To learn more, please scan the QR code or visit **www.ispcc.ie/nvr**

Our NVR support number can assist parents in locating an NVR service near them. The number is **01 522 4300**.

(Available between 9am and 1pm, Monday to Friday)

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