

<p><u>Rolling with Resistance</u></p> <p><i>Rolling with Resistance</i> is a method you can use when a parent is resisting behaviour change during your conversation. This method <b>opposes</b> a counter argument or an overly passionate response from the practitioner. Rolling with Resistance encourages the idea that resistance is a <b>normal process of behaviour change</b>. Rather than fighting it, the practitioner rolls with it – “shift the approach” (Miller &amp; Rollnick, 2002).</p>	<p><u>Recognising resistance</u></p> <p>There are some signs that you can look out for during your conversation that may suggest a parent is demonstrating resistance:</p> <ul style="list-style-type: none"> <li>-Arguing</li> <li>-Ignoring</li> <li>-Blaming</li> <li>-Disagreeing</li> <li>-Interrupting</li> <li>-Excusing</li> <li>-Hostility</li> <li>-Reluctance</li> <li>-Unwillingness</li> <li>-Pessimism</li> </ul>	<p><u>What causes resistance?</u></p> <p>There may be an underlying reason or cause that is making the parent become resistant during your conversation:</p> <ul style="list-style-type: none"> <li>-Different agendas of both the parent and the practitioner</li> <li>-Different aspirations</li> <li>-Incorrect assessment of readiness to change</li> <li>-Fear of change</li> <li>-Reaction to the perceived loss of choice</li> </ul>	<p><u>Managing resistance</u></p> <p>Occasionally, behaviour change conversations may be <b>challenging</b>. You may sense <b>resistance</b> during your discussions with parents. It is important to be able to identify signs of resistance so that you can <b>resolve</b> the situation early in the conversation. You can use effective methods to avoid a <b>constructive</b> discussion becoming <b>negative</b> or <b>argumentative</b>. Resistance can be a “roadblock” on the journey to making a behaviour change, but you can use your skills to <b>overcome</b> it.</p>
---	---	---	---

<p><b><u>5 Methods to help you “Roll with Resistance”</u></b></p> <p><i>Keep it simple, be non-resistant and don't make it an issue.</i></p> <p><b>1 REFLECTION:</b></p> <p>A small reflection that demonstrates you have listened to the parent and have understood their concern or problem.</p> <p><b>2 SHIFT THE FOCUS:</b></p> <p>Redirect the conversation away from the issue that is causing the parents concern and approach an issue that might be more achievable.</p>	<p><b>3 REFRAMING:</b></p> <p>Offer a new piece of advice on the subject of your conversation and deliver it differently. A different perspective may change their way of thinking.</p> <p><b>4 RESPECTING AUTONOMY:</b></p> <p>Remind the parent that they do have their own personal choice and control.</p> <p><b>5 LEAVE IT:</b></p> <p>...but don't completely abandon it, they may just not be quite ready that day!</p>	<p><b><u>The righting reflex</u></b></p> <p>It's natural for dental health care providers to want to help people to improve their child's oral health – this is often described as <i>The Righting Reflex</i>.</p> <p><i>We can't always make everything right! Sometimes we need to resist our own <b>righting reflex</b> and try to understand the parent's concerns to help them find a solution that is suitable for them.</i></p> <p><i>Rolling with resistance is a key principle of Motivational Interviewing, you can find more information in this book; Rollnick &amp; Miller, 2008, Motivational Interviewing in Health Care, London Guildford Press</i></p>	<p><b><u>Having Behaviour Change Conversations with Parents of young children</u></b></p> <p><b>A mini guide to managing resistance</b></p> <p><b>Changing behaviour is not easy! But through effective communication, you can help parents to improve their children's oral health</b></p>
---	--	---	---