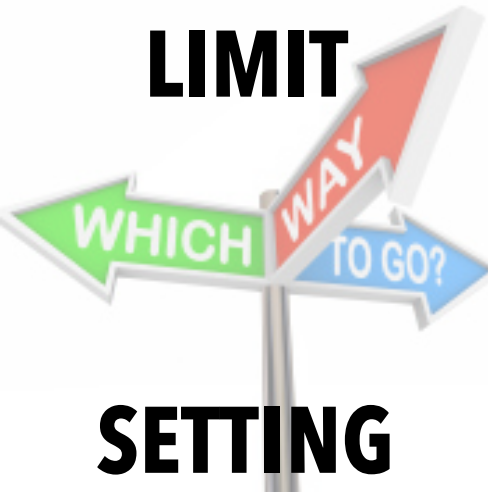




HOW TO SPEAK SO YOUR CHILD FEELS UNDERSTOOD



**FOCUS ON RESPONDING TO
YOUR CHILD RATHER THAN
REACTING TO THEIR
BEHAVIOUR.**

ALLOWING YOUR CHILD TO MAKE
CHOICES PROMOTES SELF ESTEEM
AND INCREASES THEIR PROBLEM
SOLVING SKILLS.

1st

ACKNOWLEDGE YOUR
CHILD'S FEELINGS:

"I know you're angry

"I understand you want to play with that

"I know you want to keep playing

"I know you are frustrated that....

2nd

COMMUNICATE THE
LIMIT:

but the wall is not for hitting

but _____ had it first

but we need to leave to pick up _____

but I am not to be kicked

3rd

TARGET ACCEPTABLE
ALTERNATIVES (2 options):

you can hit the boxing bag **or** the pillow."

you can play with _____ **or** _____."

you can play when we get home **or** in the car."

you can kick the ball **or** the tree."

USE ESTEEM BUILDING STATEMENTS LIKE:

"You're really working hard on that"

"You know a lot about that"

"That was very kind of you to help your
brother/sister"

"You are concentrating really well on that"

"You are being very patient and taking your
time today"

