



Three Strategies for Communication (with examples)

Two Positive Strategies:

Responsive listening:

- Looking into the child's eyes when he or she is telling me something.
- Nodding/ giving verbal affirmation.
- Putting down your cell phone.

Acknowledge and talk about feelings:

- Repeating what your child told you:

Child- "I can't believe that my teacher is giving me *so* much homework."

Parent- "I see that you are upset that your teacher's giving you so much homework. Let me hear more about how you are feeling."

A Negative Strategy (a strategy to avoid):

Dismissing emotions

- "Don't cry."
 - "Boys don't cry."
 - "Don't be so sensitive."
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