

8 STEPS TO EFFECTIVE COMMUNICATION



1

It Starts with Us

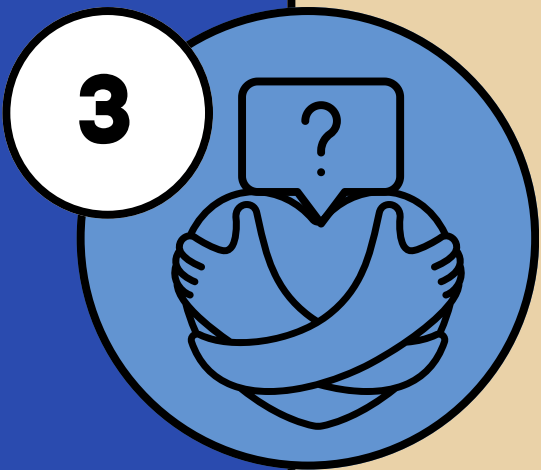
The goal is to RESPOND not REACT. To do this we must be aware of our tone, body language, triggers, patience, and messaging to our kids



2

What Part of the Brain is Engaged?

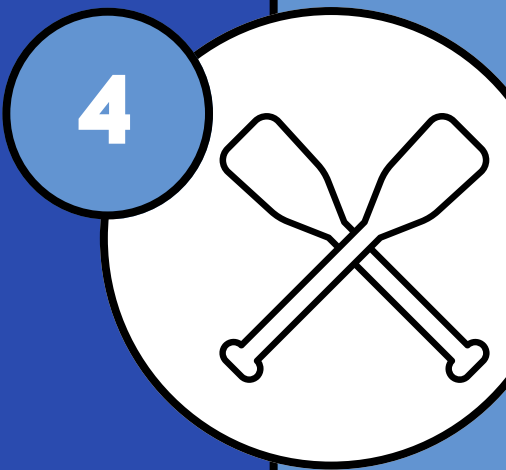
Is our child responding from their lizard brain, mid-brain or cortex? If they are emotional and reactive, they can't hear or respond to our instructions, ideas, or logic



3

Connect First with Compassion and Curiosity

Affirm and validate their emotion and experience. Then get curious like Dr. Ross Greene suggests with CPS by saying, "What's Up?"



4

Remember to Use the OARS

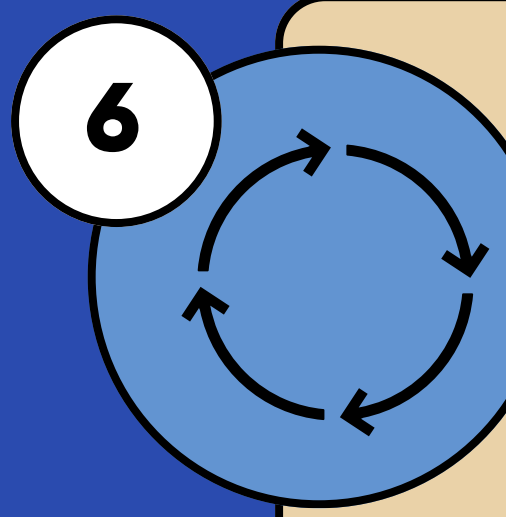
Open-ended questions (what, when, where, how)
Affirmations
Reflective listening
Summarizing



5

Inform and Instruct

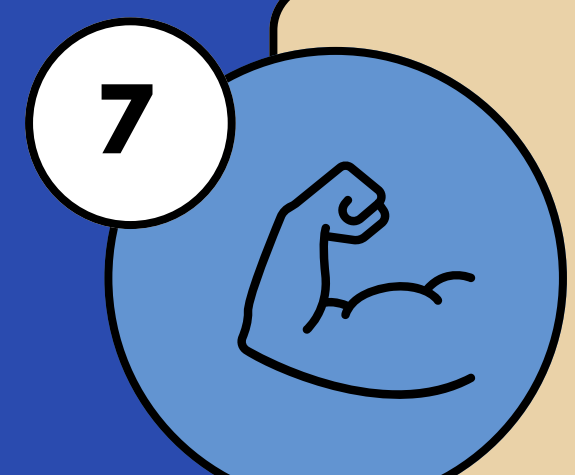
Name our concerns, expectations, boundaries, rules, values, etc in a calm, compassionate, direct way that teaches and allows them to hear our view and voice.



6

Follow the Cycle

Cycle through Connection, Curiosity, Naming Concerns, and Affirmations until the Inputs Achieve the Output of at least one Win-Win Solution



7

See Things Through the Lens of Skills, Strengths, and Fun

Does your child have the skills to meet the expectation? Reinforce with your child what they are doing well & prioritize having fun with them



8

Model Having a Growth Mindset

Having Flexibility and an Open Mind, Practicing New Things, Looking for Progress not Perfection, Modeling Asking for Help