

How To Talk So Kids Will Listen
From Adele Faber and Elaine Mazlish
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To Show Children Their Feelings are Accepted and Respected, You Can...

1. Listen quietly and attentively
2. Acknowledge their feelings with a word, "Oh... Mmm... I see..."
3. Give the feeling a name, "That sounds frustrating!"
4. Give them their wishes in fantasy, "I wish I could fill this whole room with chocolate milk! So much chocolate milk that you could go swimming in it!"
5. All feelings can be accepted. Certain actions must be limited: "I can see how angry you are at your brother. Tell him what you want with words, not fists."

To Engage a Child's Cooperation...

1. Describe what you see, or describe the problem, "I see some puzzle pieces that need to be put away."
2. Give information, "All the puzzle pieces need to be put away so we can do the puzzle again another time."
3. Say it with a word, "Puzzle-pieces."
4. State your expectations, "I expect that all the puzzles will be picked up and put away when it's clean-up time."
5. Write a note, "I want all my pieces to be put away so I can be whole next time. Thanks, The Puzzle."

To Encourage Autonomy...

1. Let children make choices, "Are you in the mood to read a story today or do a puzzle?"
2. Show respect for the child's struggle, "A jar can be hard to open. Sometimes it helps if you tap the side of the lid with a spoon."
3. Don't ask too many questions, "Welcome home. Glad to see you."
4. Don't rush to answer questions, "That's an interesting question. What do you think?"
5. Encourage children to use sources outside the home, "Maybe the pet shop owner would have a suggestion."
6. Don't take away hope, "So you're thinking of trying out for the play! That should be an experience."

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She is available for private consultations, home observations, presentations or to facilitate workshops.

She hopes you found the presentation today fun and helpful. She will enjoy hearing from you with any questions or comments. If you are interested in joining or forming a workshop please contact her directly.