

Skills for Communicating with Others

"I Statements"

I feel _____ when _____.

(Can add in....)

I am wondering if we can try _____ instead.

I appreciate when you _____.

I noticed _____ behavior. Can we do _____ instead?

Thank you for _____.

I feel cared for/appreciated/ valued when _____.

Time Outs

Taking 5-10 minutes to be alone with the intentional purpose to gather our thoughts, gain control of emotions and re-enter a conversation in a respectful way.

"I would really like to have this conversation in a loving way, I need a break for _____ minutes. I am going to go to _____ during my break and then I will be back so we can keep talking about this."

Catching your child being good

Intentionally looking for and identifying positive behaviors and praising your child for it. This will create an increased desire from your child to repeat the praised behaviors.

"Wow! You washed your hands all on your own, that was great."

"Look at you taking your plate to the sink. That is so helpful"