

Book Talk with Beth O'Brien

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be patient
be loving
be kind
be gentle



It Starts with Connection

- *model attentive listening

- *start with your child's attention, eye level

- *say it once

- *use fewer words

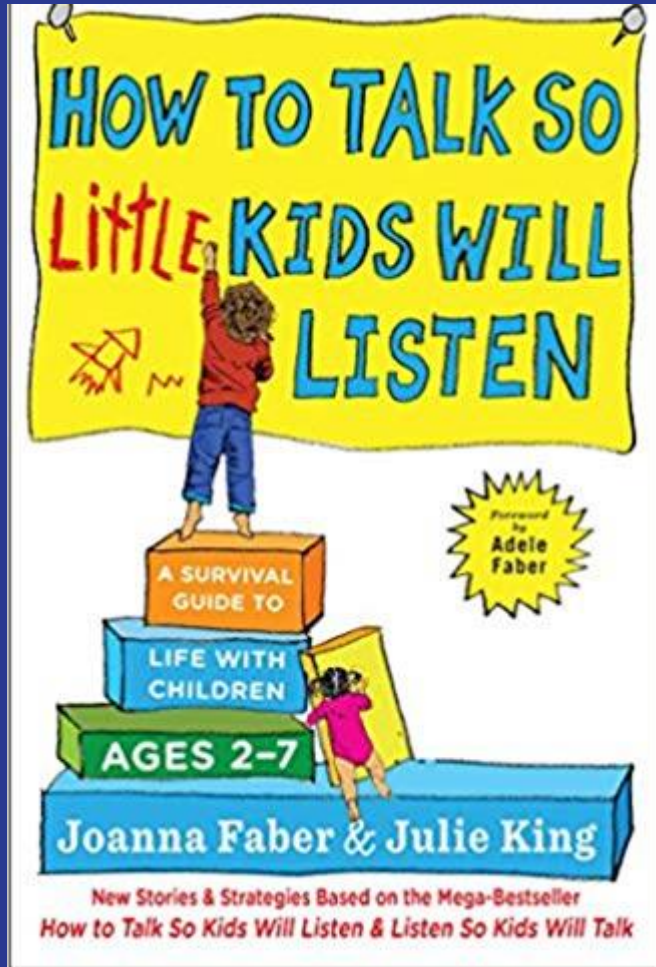
The Basics First

*Food

*Sleep

*Feeling overwhelmed

* Lack of development
readiness



How to tools for...

1. Handling Emotions
2. Engaging Cooperation
3. Resolving Conflict
4. Offering Praise & Appreciation

#1 Tools for Handling Emotions

Acknowledge feelings with

- * words

- * writing/photos

- * art

- * fantasy

- *almost silent attention

Handling Emotion Example

You arrive at the ice cream shop and see a closed sign on the door. Your child says, *You promised ice cream, no fair! I want it now!*

“Ugh. That’s disappointing. You were looking forward to an ice cream cone.” (*words*)

“I’m going to write down what you wanted so I don’t forget.” (*writing chocolate cone with sprinkles*)

“Should we draw it? I’ll start. Let’s see a triangle for a cone. A half moon for the ice cream. Dots for the sprinkles. (*drawing*)

“Imagine if we had our own ice cream store. We could try all the flavors. We’d make a 10 scoop tall cone.” (*fantasy*)

#2 Tools for Engaging Cooperation

- * Be playful
- * Turn a boring task into a challenge or a game
- * Offer a choice
- * Put child in charge
- * Give information
- * Use a word or gesture
- * Describe what you see
- * Describe how you feel, use I statements
- * Take calm action

Engaging Cooperation Example

Child throwing sand on playground...

"I'm worried about sand hurting the other children's eyes." (*how you feel*)

"Oh sand, you have to stay on the ground. We'll press you down." (*playful*)

"Sand is not for throwing. You can run on the grass or swing on the swings." (*choice*)

"You're in a throwing mood. What can you find that is safe to throw? Leaves, dandelions?" (*child in charge*)

"I'm taking you home. I can't let children get sand in their eyes. We can come back another day." (*take action*)

#3 Tools for Resolving Conflict

- * Express your feelings strongly

- * Show your child how to make amends

- * Offer a choice

- * Take calm action

Resolving Conflict Example

Your older child pushes your younger child while she is on the slide.

“HEY!, I don’t like to see people getting pushed.” *(express your feelings)*

“Your sister got scared when she was pushed. Let’s do something to make her feel better. Do you want to offer her some apple slices or do you think she’d like to play with your sand bucket?” *(make amends)*

“ We are going to give the slide a rest for now. I can see you’re in no mood to wait for a turn. You can swing on the swings or you can dig a big hole in the sand. You decide.” *(offer a choice)*

“We’re heading home. We’ll try the playground another day. I’m too worried about the children getting hurt right now.” *(take calm action)*

Problem - Solving

1. **Acknowledge** your child's feelings
 2. **Describe** the problem
 3. **Ask** for ideas
 4. **Decide** which ideas you both like
 5. **Try out** your solutions
-

Problem - Solving Example

***Feelings:** “You certainly don’t like having to wait a long time to go down the slide. It’s annoying to be blocked by a little sister who can’t decide whether to go down or not.” (*perspective taking- essential first step*)

***Describe problem:** “Being pushed at the top of the slide can be scary to a little child. She could fall and get hurt.” (*keep it short*)

***Ask for ideas:** “We need some ideas so we can go back to the park and have a good time without people getting scared, mad or hurt. What can we do?” (*write ALL the ideas down*)

***Decide which ideas you both like:** “Let’s read them together and decide which ideas we both like.” (*Cross out the ones that neither of you like*)

Motivation

- * Autonomy: drive to be self-directed
 - * Mastery: intrinsic drive to be competent
 - * Purpose: a sense that our actions are meaningful and have value
-

#4 Tools for Praise & Appreciation

Describe...

*what you see

*the effect on others

*effort

* progress

*ask questions

Praise Examples

Instead of...

Try

That's a beautiful picture.

"I see the green lines. And look how they connect to the red dots." (what you see)

Good job!

"You did it!" (alternative to good job)

You're a good girl.

"The baby loves it when you make those funny sounds. I see a big smile on her face." (effect on others)

You're so smart.

"That's a lot of pieces! You stuck with it until you put the whole puzzle together." (effort)

"You sounded out each of those letters and you put them together. You read a whole sentence." (progress)

*Take a deep **breath**

***Slow** down

***Take note** of your thoughts & feelings

*Try to see the world through your **child's eyes**

***Identify** their feelings

***Communicate** that you understand their feelings

***Validate** their feelings

***Avoid the urge to fix** your child's feelings

*Take time to **connect** with your child

*Offer **a hug**

We can do it.

