

EFFECTIVE COMMUNICATION *worksheet* CHILD

Use this worksheet to decide how to use the steps of Effective Communication. We've given you an example to show you how it's done.

 **EXAMPLE**

1. **LOOK AT YOUR CHILD. PAY ATTENTION** TO WHAT THEY ARE SAYING. *I must crouch down to my child's level.*
2. **USE THEIR WORDS** TO DESCRIBE WHAT YOU UNDERSTOOD. *"What I heard you say was that I got mad at you when it was Betsy who started the fight by taking away your toy."*
3. **CLARIFY** IF WHAT YOU SAID WAS WHAT THEY MEANT. *"Did I get why you are upset correct?"*
4. **CALMLY STATE YOUR THOUGHTS.** *"I now understand why you are upset and it wasn't fair of me to get mad at you without finding out what happened first."*
5. HAVE THEM **REPEAT WHAT THEY HEARD.** AFFIRM OR CORRECT. *"Can you tell me what I said?"*
6. **COME TO A SOLUTION** IF POSSIBLE. *"This is the solution I think would work for us. . . . Do you agree?"*

 **SITUATION**

1. **LOOK AT YOUR CHILD. PAY ATTENTION** TO WHAT THEY ARE SAYING. _____
2. **USE THEIR WORDS** TO DESCRIBE WHAT YOU UNDERSTOOD. _____
3. **CLARIFY** IF WHAT YOU SAID WAS WHAT THEY MEANT. _____
4. **CALMLY STATE YOUR THOUGHTS.** _____
5. HAVE THEM **REPEAT WHAT THEY HEARD.** AFFIRM OR CORRECT. _____
6. **COME TO A SOLUTION** IF POSSIBLE. _____