

6 STEPS OF EFFECTIVE COMMUNICATION

STEP 1

Look at your child who is talking and **PAY ATTENTION** to what he or she is saying.

STEP 2

Once your child is finished speaking, use **THEIR WORDS** to **DESCRIBE** what **YOU UNDERSTOOD**.

STEP 3

Ask your child if **WHAT YOU SAID** was what they meant. They will correct you if you are wrong.

STEP 4

In a calm manner, **STATE YOUR THOUGHTS** on the subject.

STEP 5

They must repeat what they heard. **AFFIRM** they are right or **CORRECT** them if they are not.

STEP 6

Come to a **SOLUTION** if possible. If not, repeat these steps and use the skill of **Decision Making**.