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Parent-Child Communication Guide



WHAT THIS IS

Children open up when they feel heard. Small changes in how we listen and respond make a big difference.

HOW TO USE IT

1. Practice the four listening steps.
2. Swap one "instead of" phrase this week.
3. Notice how your child responds.

EXAMPLE

"Instead of 'Stop crying!' try 'You're really sad. Tell me about it.'"

1	2	3	4
Stop	**Look**	**Listen**	**Reflect**
Put the phone down	Eye level, open face	Do not fix or interrupt	"It sounds like…"

Instead of... try...

Instead of	Try
"Stop crying."	"It's okay to feel sad. I'm here."
"You're fine."	"That seemed scary. What was it like?"
"Because I said so."	"Here's the reason. I know it's hard."
"Why did you do that?"	"What happened? What were you needing?"

One phrase I will practice this week:

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