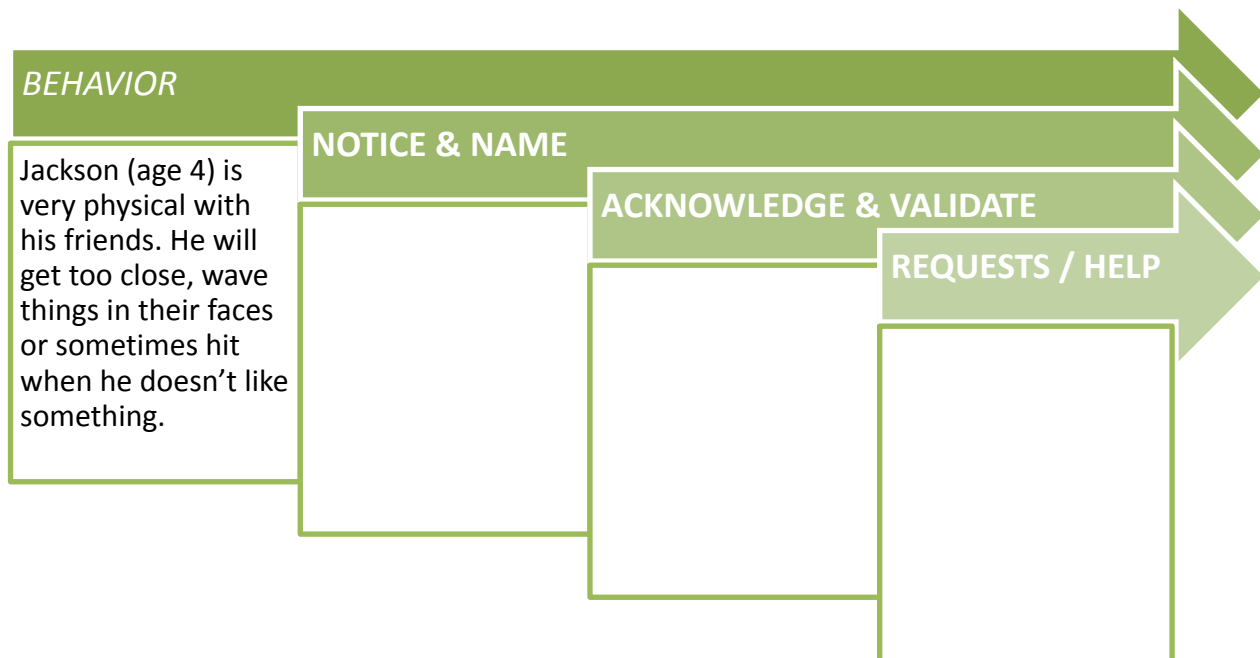
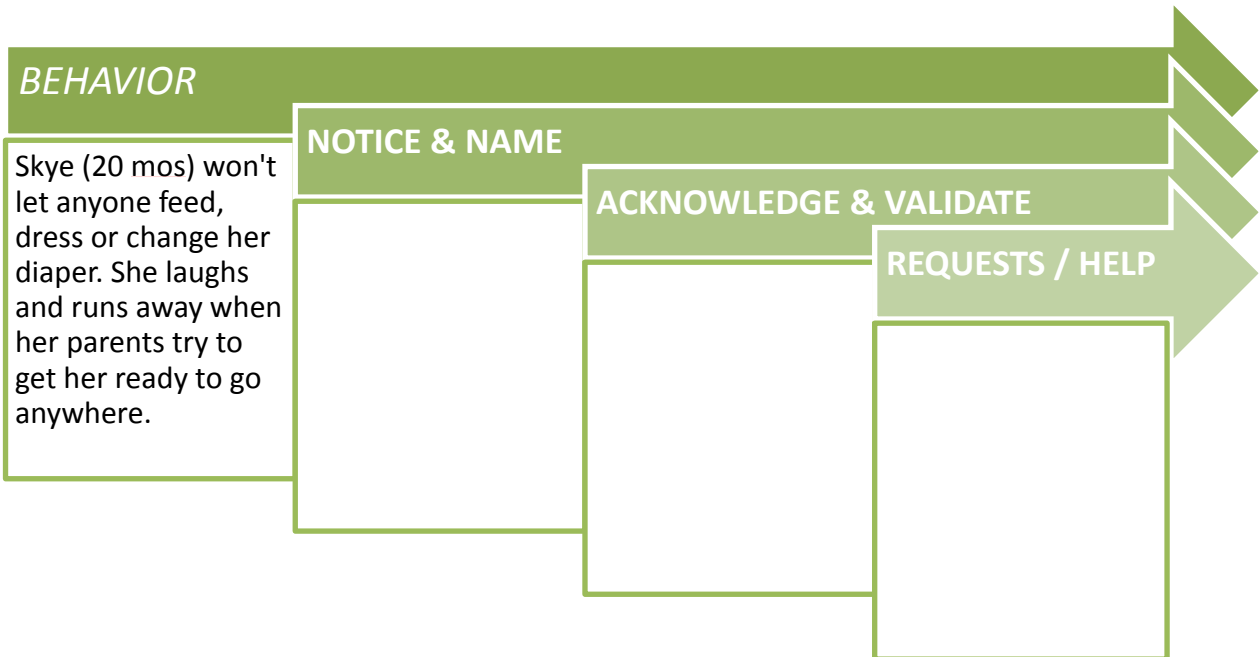


3 Steps to Conscious Communication

Communication Practice

Practice looking beyond the behavior to the feelings and needs underneath. What is your child's behavior *communicating*? What is *driving* the behavior? Then, in the examples below, use this 3-step process to practice communicating with conscious awareness.

1. NOTICE & NAME
2. ACKNOWLEDGE & VALIDATE
3. MAKE REQUESTS / OFFER HELP

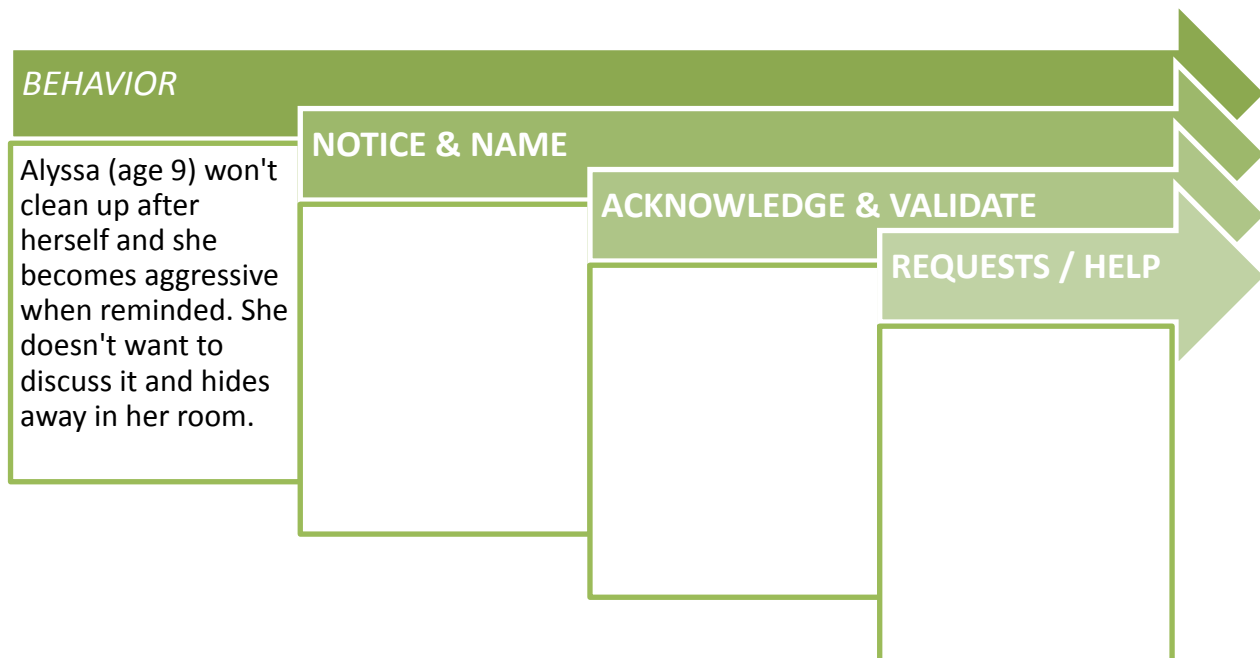
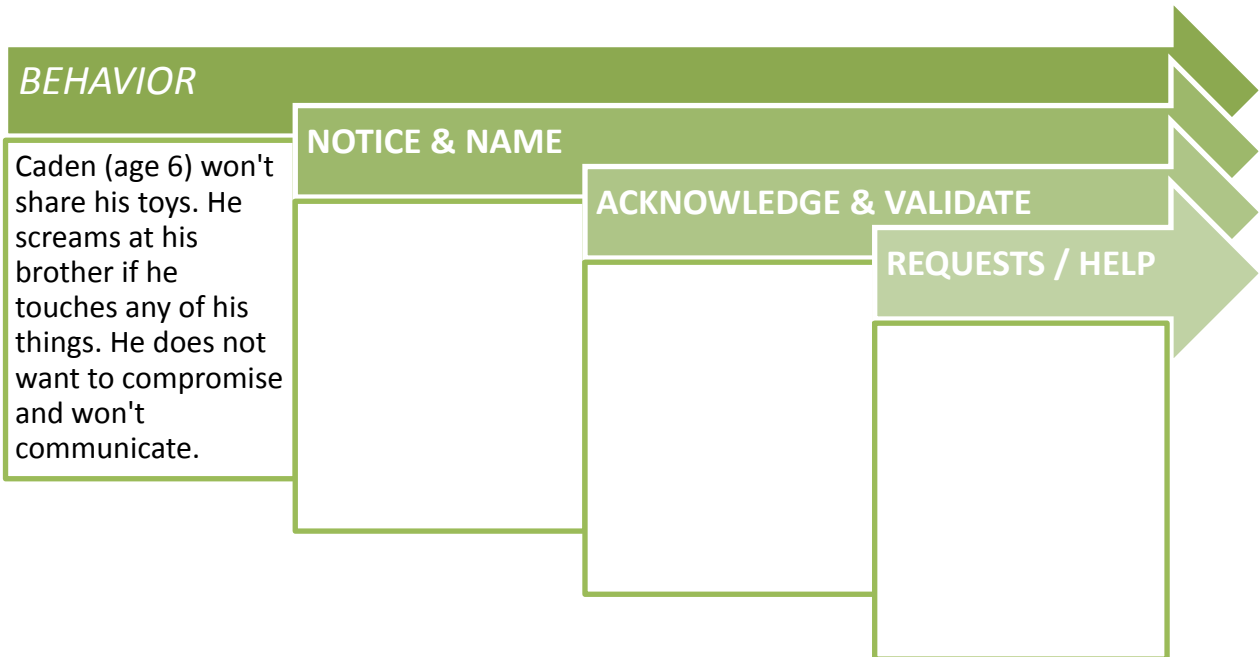


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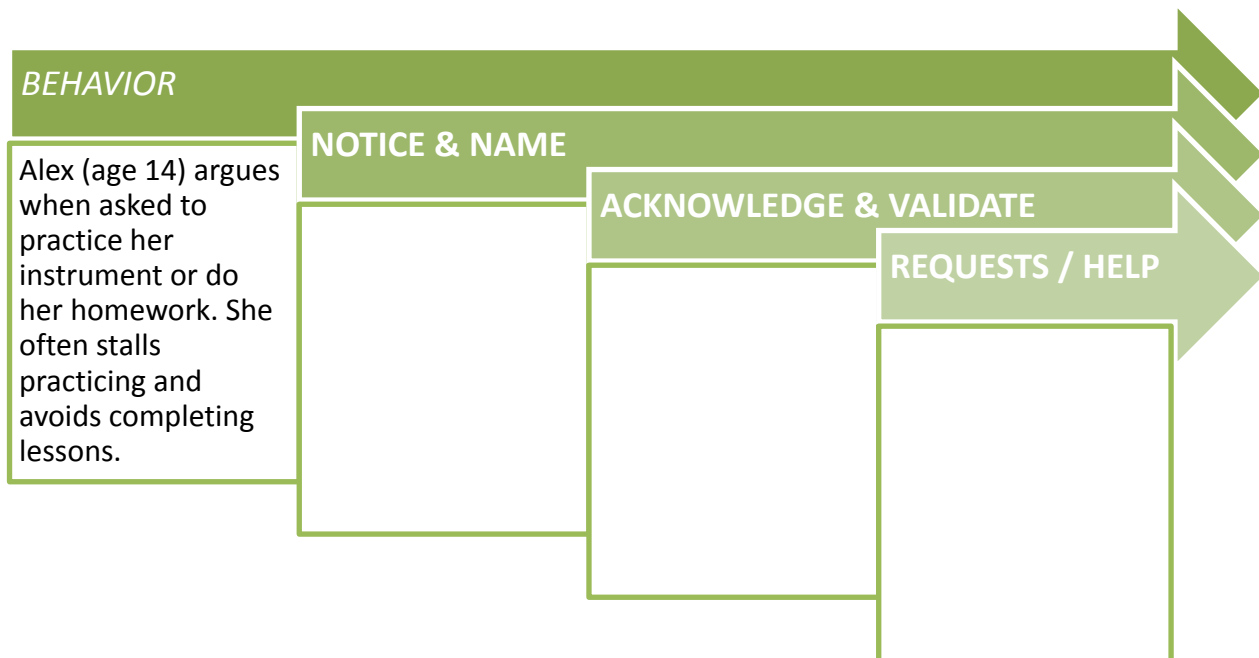
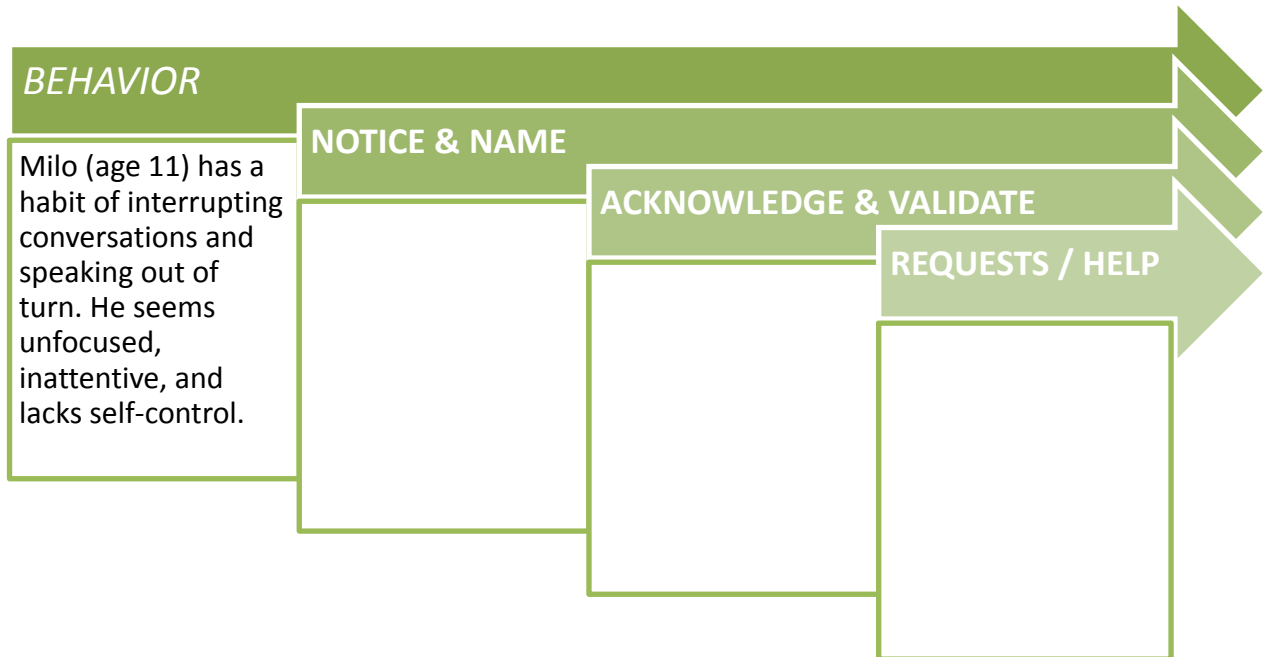


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3 Steps to Conscious Communication

Communication Practice

Practice setting limits and helping your children resolve conflicts with our conscious communication formula by naming two recent situations that caused conflict or frustration and re-writing the words you use to make requests or help your child build their skills.

1. NOTICE & NAME
2. ACKNOWLEDGE & VALIDATE
3. MAKE REQUESTS / OFFER HELP

<i>YOUR CHILD'S BEHAVIOR</i>			
	NOTICE & NAME		
		ACKNOWLEDGE & VALIDATE	
			REQUESTS / HELP

<i>YOUR CHILD'S BEHAVIOR</i>			
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