

Family Hour

October 24, 2013

Engaging Cooperation

Five "Tricks" to engage cooperation:

1. **Describe.** Describe what you see or the problem. "There's a wet towel on the bed."
2. **Give Information.** Refrain from ranting and give information. "The towel is getting my blanket wet."
3. **One-Word Statement.** Save time, breath, and a boring explanation. "Towel"
4. **Label Your Feeling.** Honest emotion can help a child to understand and participate in the solution. "I don't like sleeping in a wet bed."
5. **Write a Note.** There are many clever ways to engage cooperation using a note. "Please put me back so I can dry. Thanks, Your Towel."

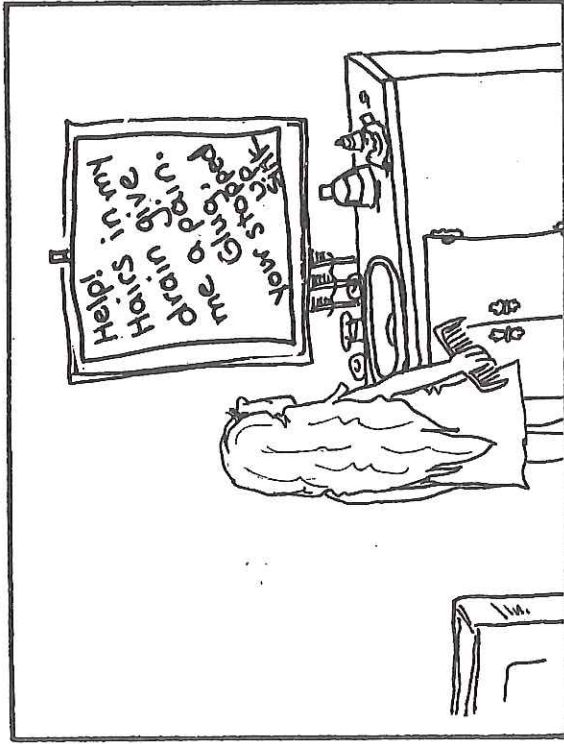
*All from the book: **How to talk so Kids will Listen & Listen so Kids will talk***

By Adele Faber & Elaine Mazlish

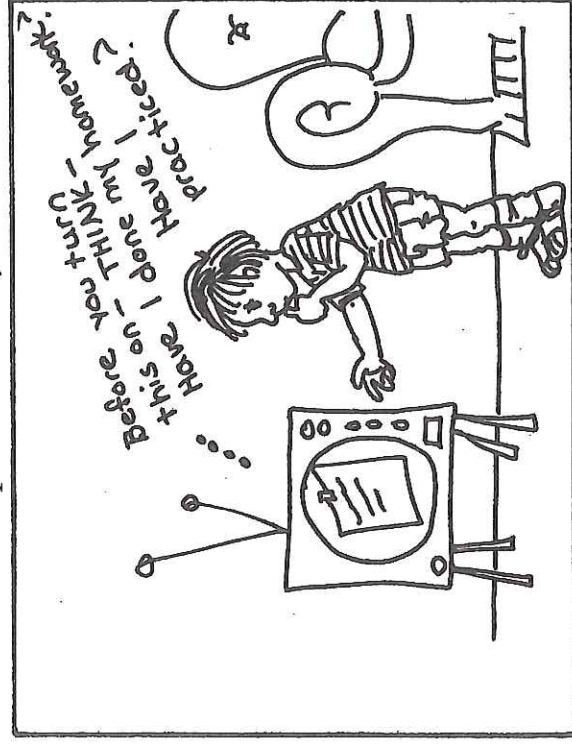
Other chapters include: Helping Children Deal with Feelings, Alternatives to Punishment, Encouraging Autonomy, Praise, and Freeing children from Playing Roles.

WRITE A NOTE.

Sometimes nothing we say is as effective as the written word. The note below was written by a father who was tired of cleaning his daughter's long hairs from the sink drain.



This was written by a working mother who taped it to the family TV set.



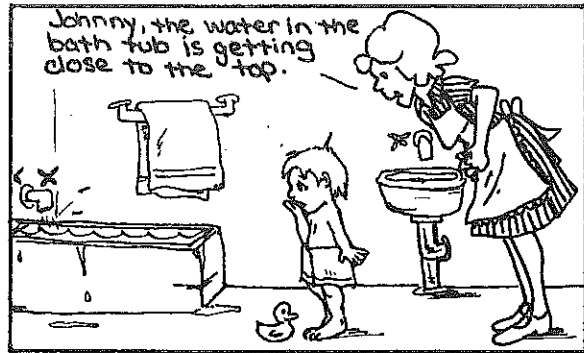
I. DESCRIBE.

Describe what you see, or describe the problem.

Instead of



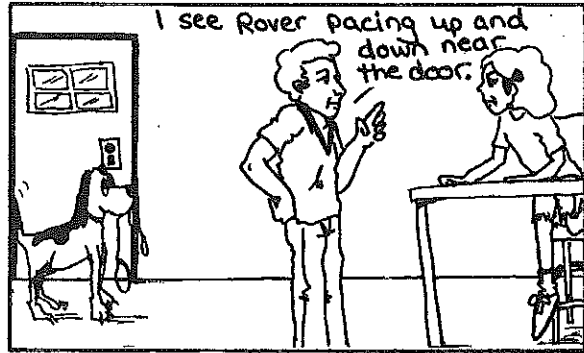
Describe



Instead of



Describe

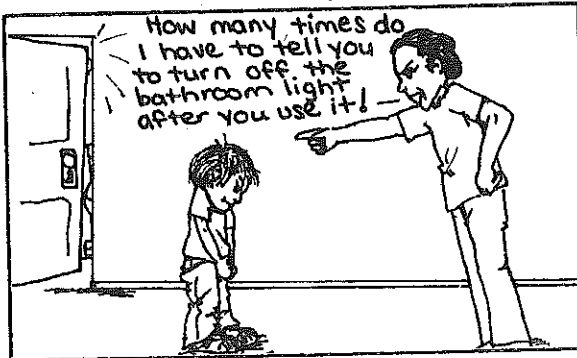


It's hard to do what needs to be done when people are telling you what's wrong with you.

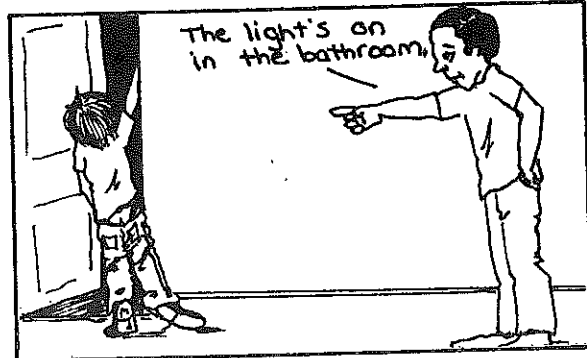
It's easier to concentrate on the problem when someone just describes it to you.

DESCRIBE (continued)

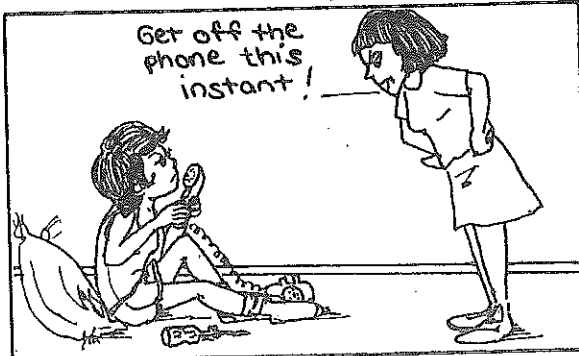
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Describe



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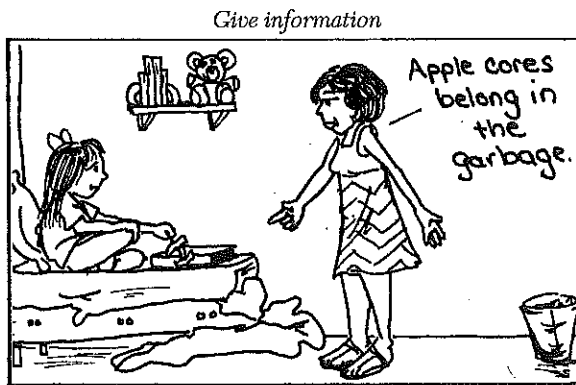
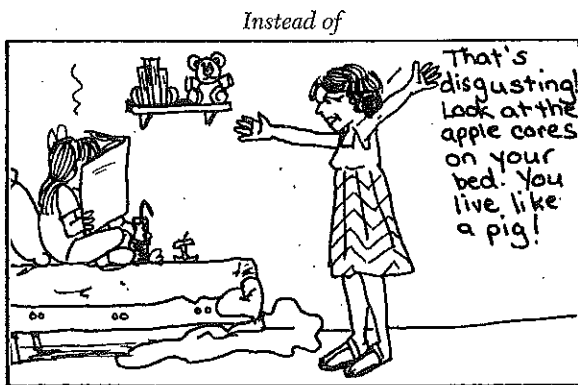
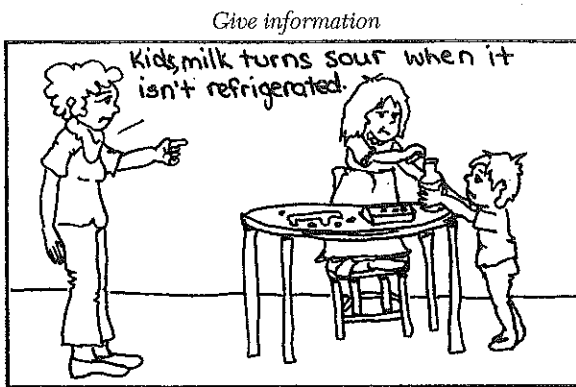
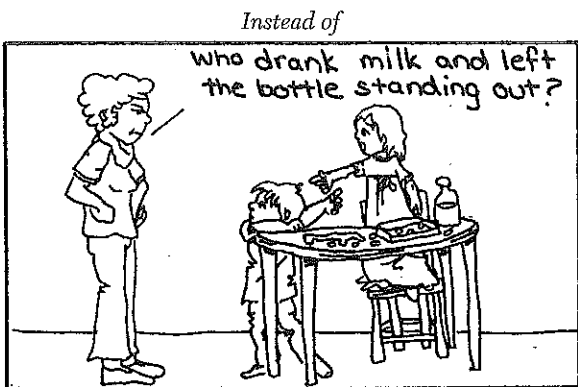


Describe



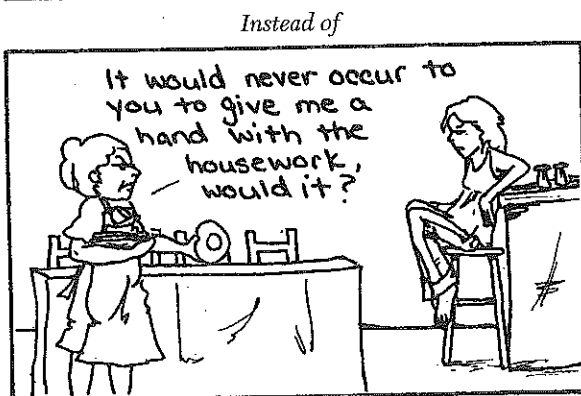
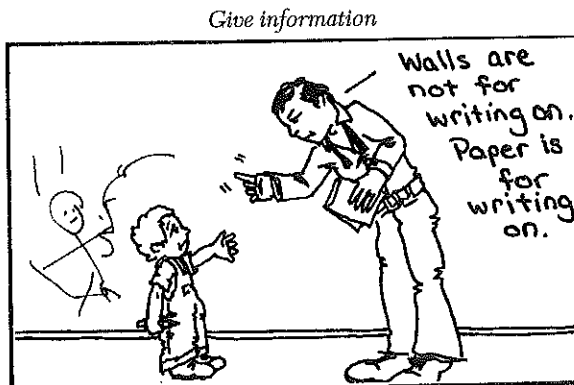
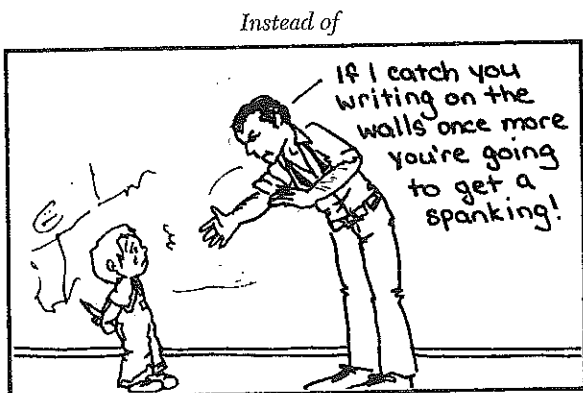
When grown-ups describe the problem, it gives children a chance to tell themselves what to do.

II. GIVE INFORMATION.



Information is a lot easier to take than accusation.

GIVE INFORMATION (continued)

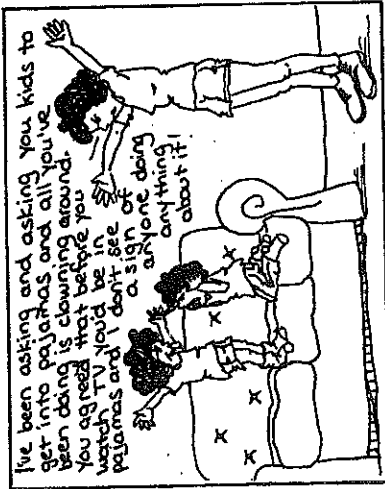


When children are given information, they can usually figure out for themselves what needs to be done.

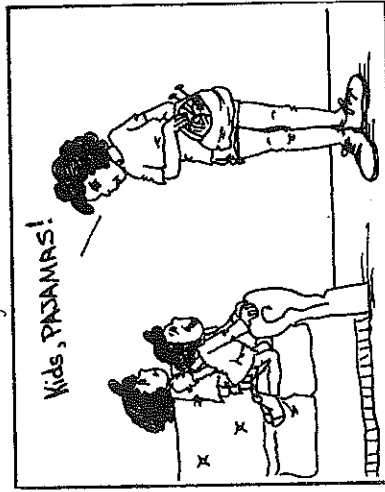
III. SAY IT WITH A WORD.

Look at the contrast between the effect of the long paragraph and the effect of a single word.

Instead of



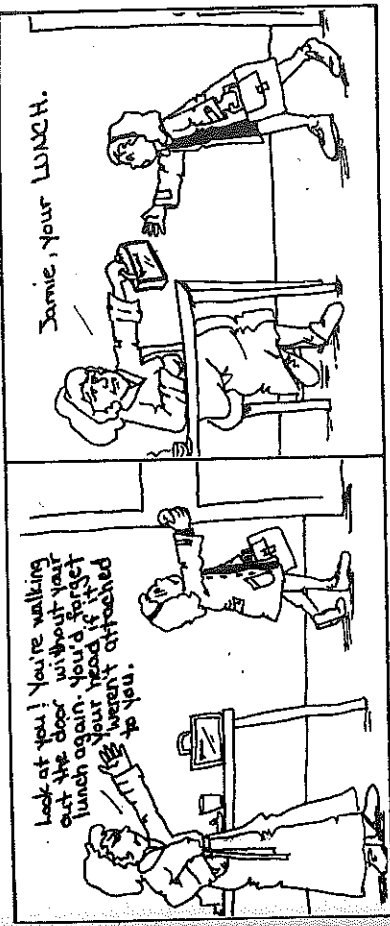
Say it with a word.



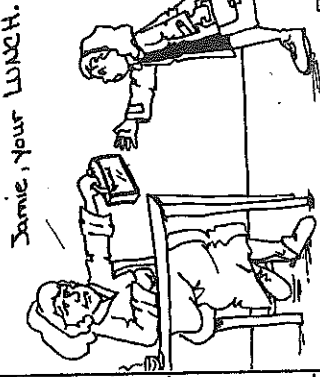
In this case "less is more."

SAY IT WITH A WORD (continued)

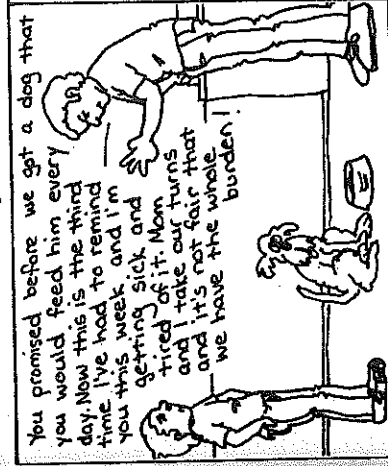
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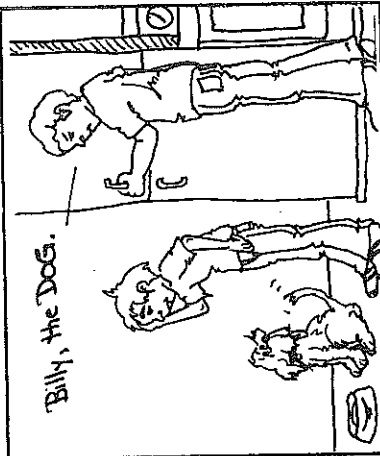
Say it with a word



Instead of



Say it with a word



Children dislike hearing lectures, sermons, and long explanations. For them, the shorter the reminder, the better.

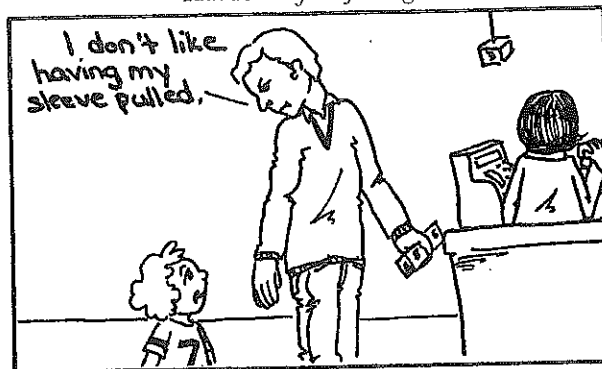
IV. TALK ABOUT YOUR FEELINGS.

Make no comment about the child's character or personality.

Instead of



Talk about your feelings



Instead of



Talk about your feelings



Children are entitled to hear their parents' honest feelings.

By describing what we feel, we can be genuine without being hurtful.

TALK ABOUT YOUR FEELINGS (continued)

Notice, when parents are being helpful they talk about their feelings only. They use the word "I" or "I feel..."

Instead of



Talk about your feelings



Instead of



Talk about your feelings



It's easier to cooperate with someone who is expressing irritation or anger, as long as you're not being attacked.