

How To Talk So Kids Will Listen & Listen So Kids Will Talk	
Authors	Adele Faber - Master's degree in Education (NYU), Elaine Mazlish - Bachelor's in Theater Arts Both studied with Dr. Haim Ginott (child psychologist)
Children's feelings	If a child claims to feel a certain way then accept it and acknowledge it; denying it will confuse/enrage the child
Empathy	The empathic response is the best if someone comes to you upset/hurting Let them know you have a sense of what they might be feeling * It's okay for a child to express negative feelings so that they know it's normal not to feel happy all the time
Fantasy	If the child is adamant about wanting something he can't have then give it to him in a fantasy scenario: "If I had a million dollars I'd buy you a toy better than that" or "I wish I could snap my fingers and make ice cream materialize out of thin air"
How to get kids to cooperate	Don't give them long lectures, say it with a word Express how it makes you feel without attacking them: "I don't like when ..." Teach them the right way without insulting Write notes as a reminder to them
Punishment Pg. 114 Pg. 309	Dr. Ginott believed a child should not be punished but should experience the consequences of misbehavior What constitutes misbehavior along with the consequences of such misbehavior should be clearly communicated to the child (loss of privileges, etc.)
Resolving difficult conflicts	Discuss their feelings and needs Discuss your feelings and needs Brainstorm mutually agreeable solutions Write it all down

Attitude	Your attitude should communicate a good opinion of the other and an expectation of improvement: "You're generally a good person but there's an issue you're overlooking"
Negative effects of being dependent	When a person is dependent on someone else they feel varying degrees of helplessness, worthlessness, resentment, frustration, and anger
"That's easy"	Telling a kid something is easy isn't always the best idea because if he does it successfully it isn't a big deal and if he fails then he's failed at something "easy"
Alternatives to "no"	Instead of saying no to a child you can: Pg. 163 Give information, accept feelings, describe the problem, substitute a yes with a caveat Saying a simple "no" can come across as an attack
How to praise	If you want to effectively praise someone/appreciate them describe what you see or feel
Example	"The scarf you made is beautiful" -> "What a rich red color and intricate pattern you made. Now that's attention to detail!"
	* Most of us are quick to criticize and slow to praise
Not imposing a self-fulfilling prophecy	Do not give a child a negative label that he/she will then seek to fulfill "You're slow and stupid/a pest/annoying/stubborn/undisciplined"
Steps to liberate a child from negative labels	Look for opportunities to recognize the child that shows him/her not fulfilling the label Give children the responsibility to do tasks that contradict the label Let children overhear nice things about them Model the behavior you'd like to see When the child acts in accordance with the label state your feelings and expectations * Never underestimate the power of your words upon a young person's life
Asking "what's wrong?"	Don't ask questions such as "what's wrong" or "why are you sad?" as it can put the child on the spot

How to get a child to open up

To make a child feel free to share, make a statement: "you look sad/something upset you/seems like you had a rough day." Even if he/she doesn't open up they can take comfort in your understanding

CR