

*My sharing and chatting sheet for today

The following suggestions of statements from the 6 sections in this book can be copied to encourage good communication with kids, even young ones. It can be carried on through teenage years.

The words need to be adapted to their age and understanding, as does the style. Some kids may prefer to draw their thoughts, others like typing on a form or even texting you, some tell you standing upside down on the heads on the settee! Watch out for what works for you child.

This idea is to help children be aware, honest, open, responsible, and realistic! It is for kids to practise expressing themselves, to be heard and understood. Most kids respond well to focused attention. This is a special time to listen to them, not to have a two way discussion, though you can answer their questions with tact.

As soon as children are old enough, it helps top cover all six aspects at one time, to help them to be fully heard.

Choose a different moment when you want your kid to listen to you, take something in and respond.

My sharing and chatting sheet for today:

Name _____ **date** _____

What I would like you to know and understand:

Some care and nurture that I would like to have happen:

The type of love and attention I would like:

What I want to communicate to you, and what I want you to tell me:

What I would like support with resolving, a problem or feeling that I would like help with:

How I'd like to play and have fun: