

POSITIVE COMMUNICATION AND CONVERSATION



Mrs. Karen Fraser & Mrs. Rachel O'Neill

THE NEGATIVITY BIAS

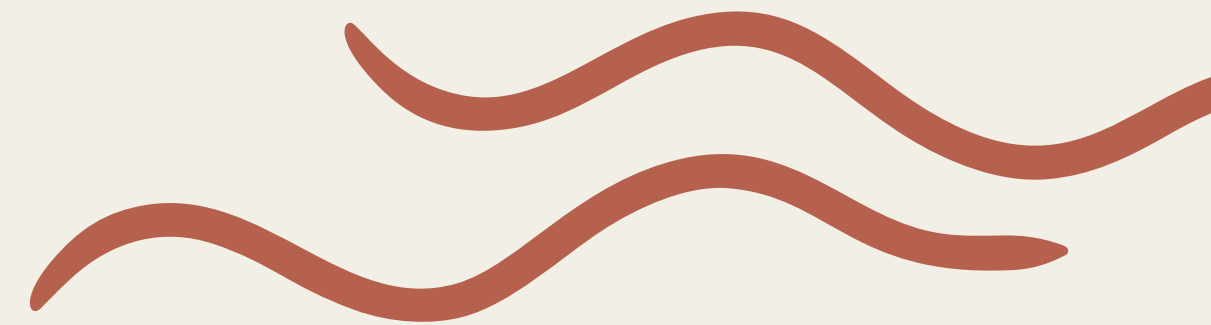
NEGATIVITY BIAS



“... WE ALL HAVE AN INNATE PROPENSITY TO BE AWARE OF THINGS THAT COULD THREATEN- A NEGATIVITY BIAS. THE LOWER BRAIN MAKES SURE THAT WE NOTICE THE NEGATIVE MORE EASILY, WHICH IS HELPFUL IN THE STRUGGLE TO SURVIVE.”

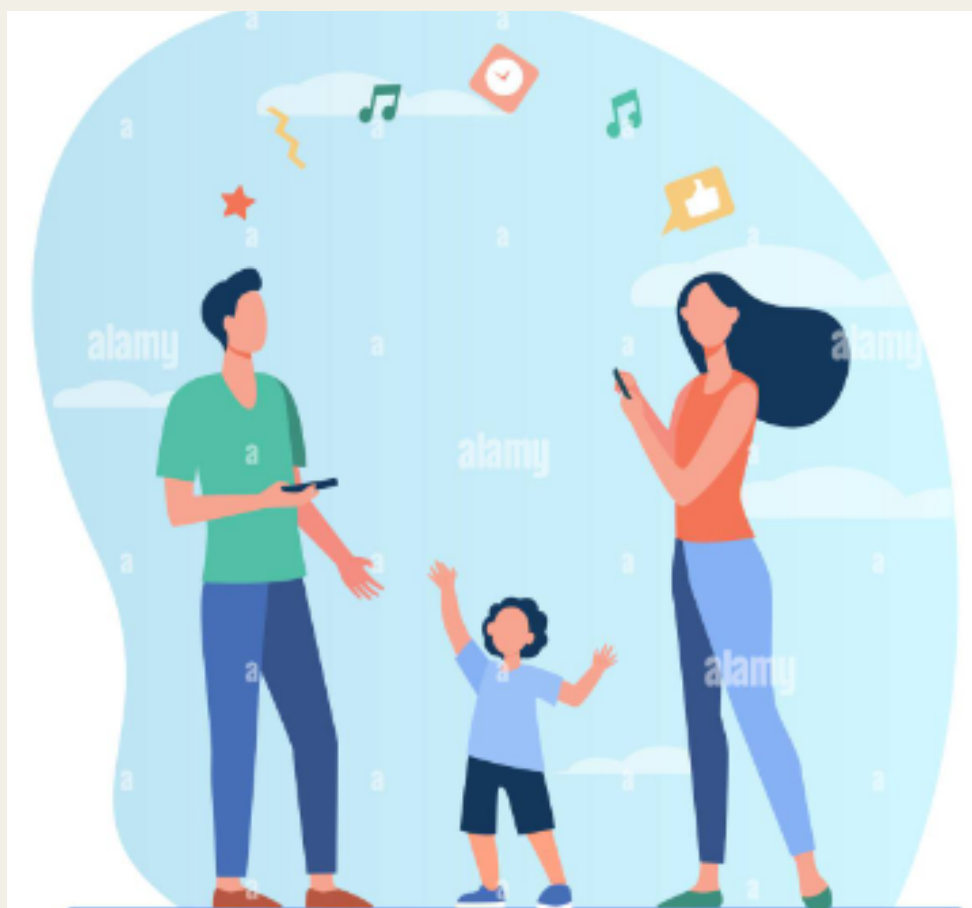
“WE SEE OUR KIDS’ UNCOOPERATIVE MOMENTS, HOW ABOUT THE COOPERATIVE ONES? WE SEE THEIR SELFISHNESS, MAYBE MISSING THEIR GENEROSITY.”

(CLARKE-FIELDS, 2019).



THE WHY...

"POSITIVE COMMUNICATION BETWEEN PARENTS AND CHILDREN INCLUDES TALKING ABOUT BELIEFS, EXPERIENCES, AND FEELINGS. THIS TYPE OF COMMUNICATION IS KEY TO HEALTHY RELATIONSHIPS, AND IT CAN PROTECT CHILDREN FROM HEALTH RISKS AND HELP THEM DO BETTER IN SCHOOL. BEHAVIORAL PARENTING AND FAMILY INTERVENTIONS CAN INCREASE POSITIVE COMMUNICATION BETWEEN PARENTS AND CHILDREN, INCLUDING CHILDREN WITH BEHAVIORAL DISORDERS." - HEALTH.GOV



YOU CAN'T
CONTROL OTHER
PEOPLE. YOU CAN
ONLY CONTROL
YOUR **REACTIONS**
TO THEM

REACTIVE VS. RESPONSIVE PARENTING

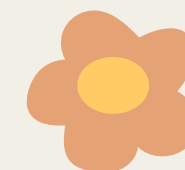
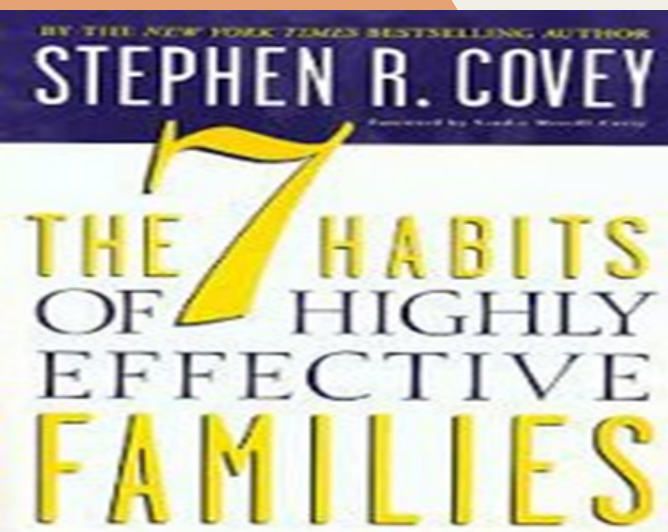
REACTIVE VS RESPONSIVE PARENTING

7 PARENTING STYLES

SUMMARY: THE 7 HABITS OF HIGHLY EFFECTIVE FAMILIES

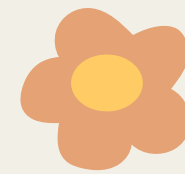
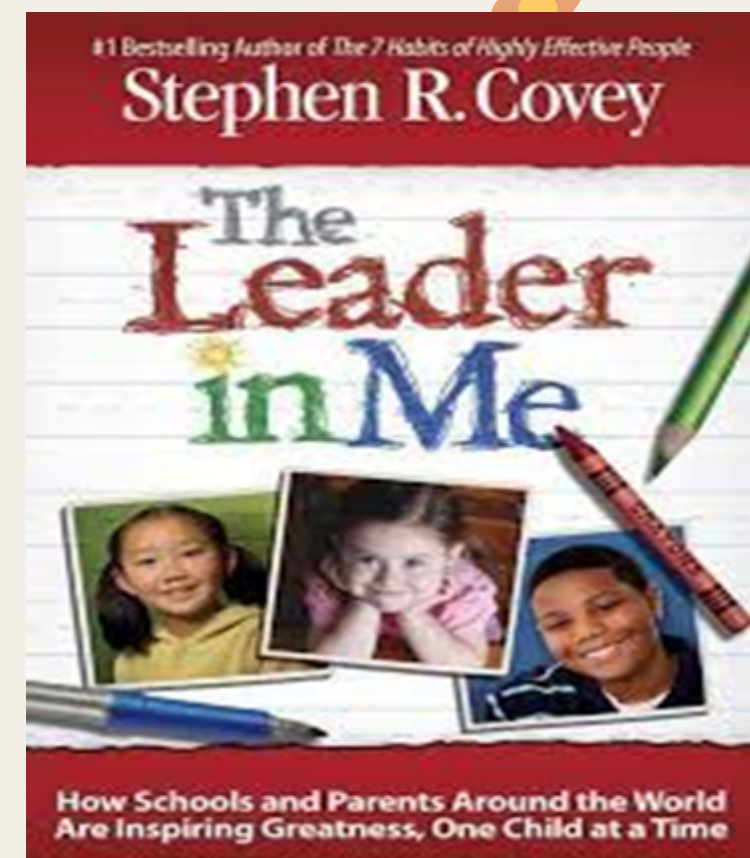
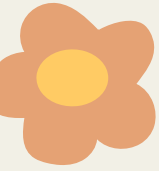
STEVEN COVEY'S THE 7 HABITS OF HIGHLY EFFECTIVE FAMILIES

Family Culture #1	Family Culture #2
Be Reactive Lose temper. Blame others.	Be Proactive Stay calm. Apologize.
Begin With Nothing in Mind Don't plan or set goals.	Begin With the End in Mind Have clear purposes.
Put Low Priorities First Be too busy for family.	Put First Things First Make time for family.
Think Win-Lose Always compete and compare.	Think Win-Win Respect each other's needs.
Seek Only to be Understood Pretend to listen. Interrupt.	Seek First to Understand, Then to be Understood Listen to each other.
Minimize People's Strengths Focus on weaknesses.	Synergize Value each other's strengths.
Live an Unbalanced Life Burn out. Stop learning.	Sharpen the Saw Exercise. Learn. Have fun.



WHAT DO THE 7 HABITS LOOK LIKE?

- 1) BE PROACTIVE- “YOU’RE IN CHARGE.”
- 2) BEGIN WITH THE END IN MIND-“HAVE A PLAN”
- 3) PUT FIRST THINGS FIRST- “WORK FIRST THEN PLAY.”
- 4) THINK WIN-WIN- “EVERYONE CAN WIN.”
- 5) SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD- “LISTEN BEFORE YOU TALK”
- 6) SYNERGIZE- “TOGETHER IS BETTER”
- 7) SHARPEN THE SAW- “BALANCE FEELS BEST”



REACTIVE VS. RESPONSIVE

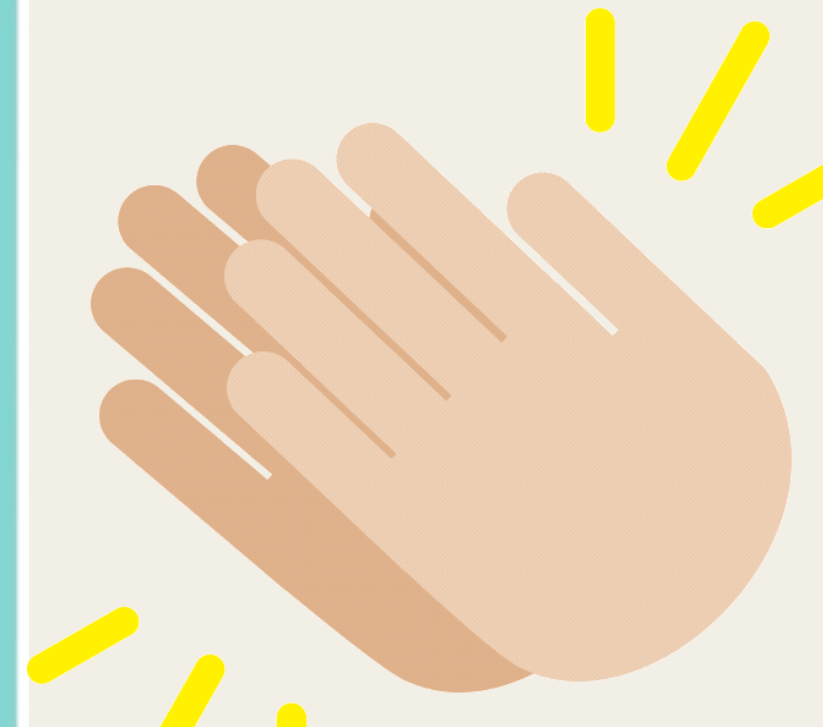


HOW CAN WE IDENTIFY WITH HAPPY?
HOW DOES SADNESS RESPOND
DIFFERENTLY? WHAT IS THE END RESULT?

PRAISE VS ENCOURAGEMENT



Praise	Encouragement
Defined as: remarks on the performance of a task in relation to the child's abilities/goodness & expresses adult's evaluation of a child. Fosters fixed mindset and reliance on others for self-worth	Defined as: comments that focus on children's efforts and strategies towards their task (also known as process feedback) Fosters growth mindset encourages self-confidence.
"You're so smart!"	"Wow you must have worked really hard for this!"
"Your animals are perfect! I love your drawing"	"You spent a lot of time working on this paper. I saw you were looking at the animal book to help you. That really worked!"
"good job with your shoes!"	"You are learning to put on your shoes! Last week, you had trouble getting them on but this time you did it without a problem!"
"I'm so proud of you!"	"You should be proud of the work you did! I saw that you were working hard!"



INSTEAD OF ASKING:



How was your day?

TRY SOMETHING SPECIFIC & NOT SCHOOL RELATED:

What did you eat today?
or
Tell me something that made you
happy today.













PRACTICE!

Instead of :	Say:
Why didn't you clean your room? Clean your room now!	I would appreciate it if you cleaned your room. I can help if you'd like.
	Let me stop talking and hear your perspective....
	I like what you said about...Tell me more, help , me understand...
Don't...	I like it when...



YOUR WORDS

MATTER

INSTEAD OF...		TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.
		WE ARE

WE ARE

LANGUAGE

Instead of saying...

Try saying...

DON'T touch _____!

That's wrong

Hurry up

Stop running

Don't tear the book

Don't drop it

NO!

DON'T BITE!

Don't throw food on the floor

DON'T HIT!

Repetitively saying -

Good boy / girl

Stop shouting

Please share / Play nice

_____, isn't it for touching.

You can have x **OR** y

Try this way

Run like a cheetah!

Walking inside

Books are for reading not tearing

Two hands

_____(object) is not for _____(verb)

Describe what they **can do**

Biting hurts! We can bite food, not _____

Food stays on the plate, not on the floor

Hands on your own body

You did it! **OR** Thanks for _____

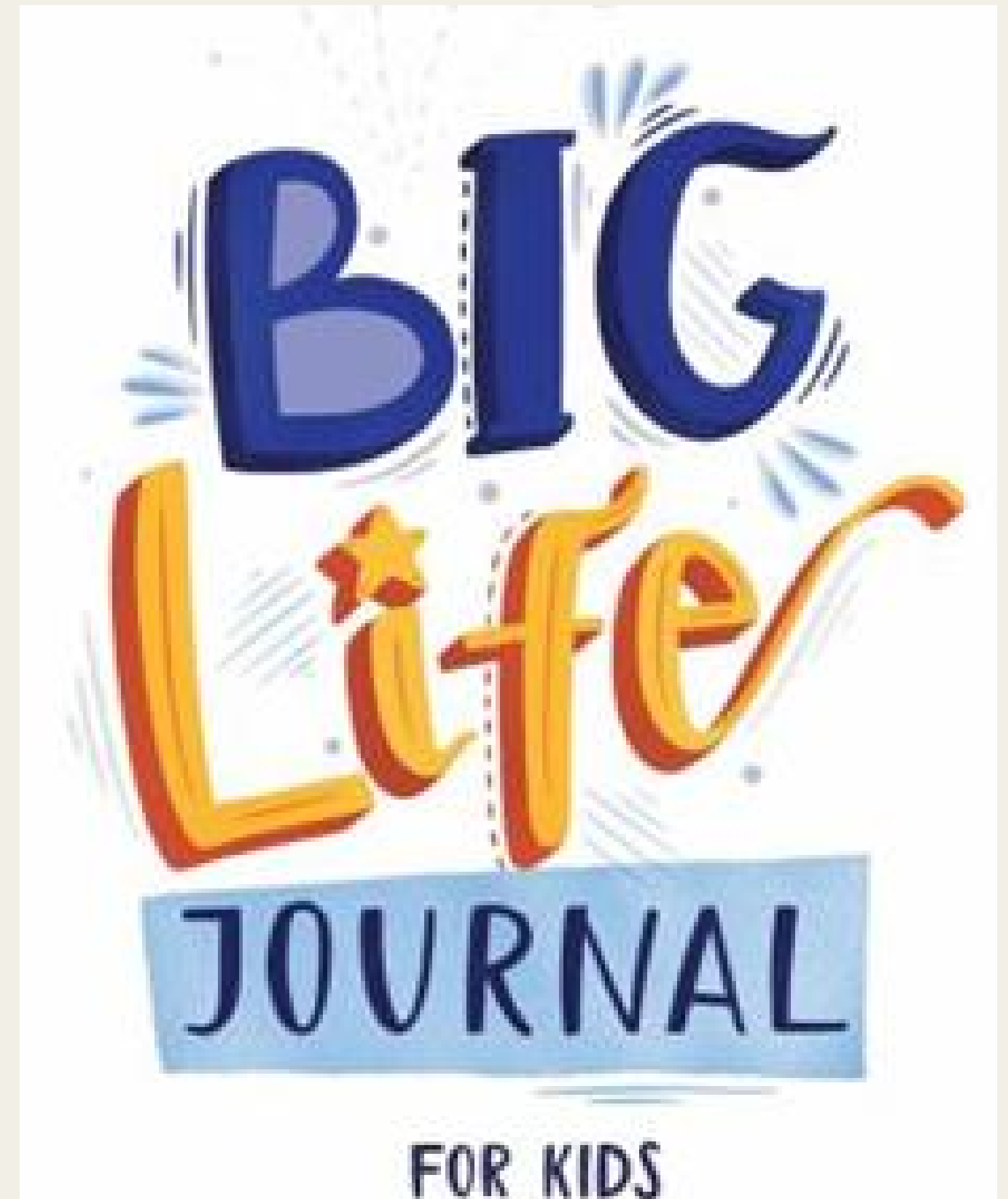
Inside voice (in a low voice)

Turn taking is kind, can _____ have a turn

PROMPTS FOR A POSITIVE MINDSET

7 questions to nurture a positive mindset:

1. What was the best part of your day?
2. Did anything make you laugh today?
3. What's something fun or creative you did today?
4. What's something new you learned today?
5. What's something that made you feel proud recently?
6. What's your favorite thing about yourself?
7. What is your biggest dream right now?



PROMPTS FOR KINDNESS, EMPATHY, AND GRATITUDE

7 questions to nurture kindness and empathy:

1. How did you help someone or show kindness today?
2. How did you make someone smile today?
3. Did you notice someone doing something kind for someone today?
4. How does it feel when you help someone?
5. When someone looks sad or tired, what could we do to be kind?
6. Can you name three ways you can show kindness tomorrow?
7. How can we make someone else's day better tomorrow?

7 questions to nurture a grateful mindset:

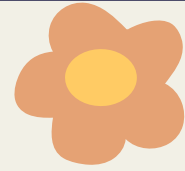
1. What or who made you feel loved today?
2. What are you grateful for right now?
3. What do you appreciate the most about your teacher (brother, friend, etc.)?
4. What are you excited about the most?
5. What was your favorite part of today?
6. How can we make your day even better tomorrow?
7. What's your favorite thing about our home?

POSITIVE STRATEGIES

- FLIP THE PANCAKE
- COMPLIMENT SANDWICH
- ROSE, BUD, THORN
- SIZE OF THE PROBLEM
- CALMING CORNER



CALMING CORNER



“WHEN STUDENTS HAVE A FOUNDATIONAL UNDERSTANDING OF THEIR BRAINS’ ROLE IN SELF REGULATION, THEY’RE EMPOWERED TO MANAGE THEIR EMOTIONS AND OPTIMIZE THEIR LEARNING.” (WELLER, 2023).

FIDGETS AND STRESS BALLS

DEEP BREATHING TOOLS (HOBEBMAN’S SPHERE)

PIZZA BREATHING/HAND BREATHING,

STUFFED ANIMALS (ROCK A PET),

SCENTED MARKERS

MINDFULNESS ACTIVITIES

SENSORY TOOLS - GEL BAGS/SEQUIN PILLOWS

MIRROR AFFIRMATIONS

RELAXATION BOOKS,

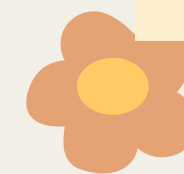
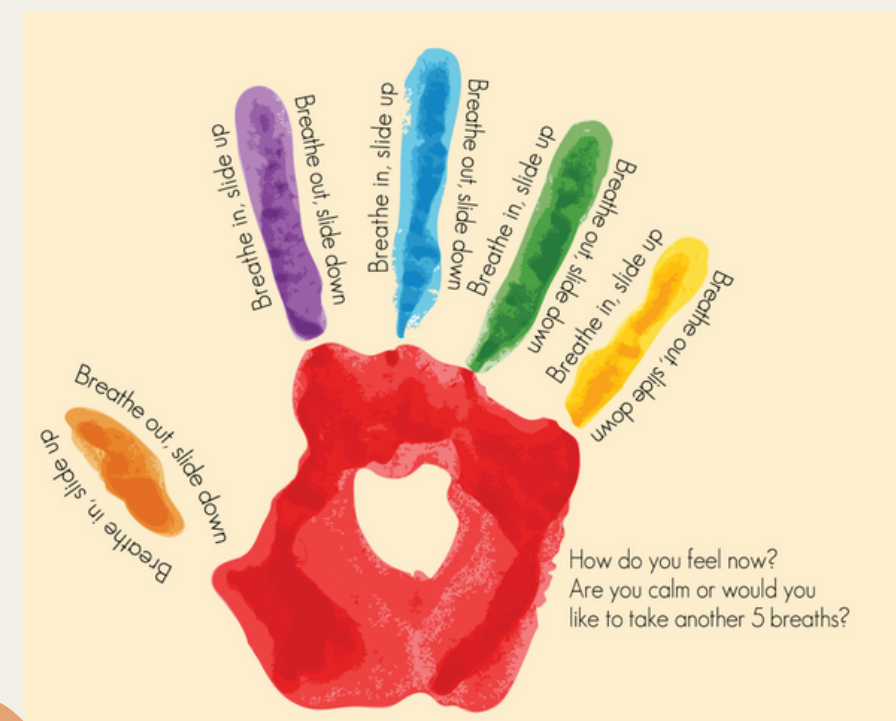
COGNITIVE DISTRACTIONS (FIND THE PET/PUZZLES),

HEADPHONES

VISUAL AIDS (POSTERS OR EMOTION CHARTS),

JOURNALS FOR WRITING/SKETCHING

KEEP CALM



CALMING STRATEGIES



WALK AWAY



READ A BOOK



**FIND A
SAFE
SPACE**



TELL SOMEONE



COUNT TO 10



DRAW OF PICTURE



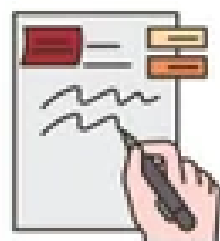
HAVE A SNACK



EXERCISE



**TAKE 5
DEEP
BREATHS**



**WRITE
ABOUT
HOW
YOU FEEL**



**HUG
SOMEONE
YOU LOVE**



**SING A SONG IN
YOUR HEAD**



**DRINK
WATER**



STRETCH



LISTEN TO MUSIC



**VISUALIZE A
HAPPY PLACE**

OTHER USEFUL STRATEGIES



TIMEBOX DAILY	
Date _____	
Top 3 Priorities _____ _____ _____	
Goals of the Day _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	
Schedule	
05:00	_____
06:00	_____
07:00	_____
08:00	_____
09:00	_____
10:00	_____
11:00	_____
12:00	_____
13:00	_____
14:00	_____
15:00	_____
16:00	_____
17:00	_____
18:00	_____
19:00	_____
20:00	_____
21:00	_____
22:00	_____
Brain Dump _____ _____ _____ _____ _____ _____	

IF WE WANT OUR CHILDREN TO COMMUNICATE EFFECTIVELY,
WE MUST MODEL EFFECTIVE COMMUNICATION.

WE NEED TO TEACH THEM THE SKILLS THEY NEED TO BE
SUCCESSFUL IN THE REAL WORLD.

OUR CHILDREN DO NOT HAVE THE SAME FRAME OF REFERENCES
AS WE DO, & WE DO NOT WALK IN THEIR SHOES.

DIGITAL RESOURCES

- 5 Secrets For Communicating With Your Teen
- How To Stop Yelling At Your Kids—And What To Do Instead
- Talking Point Cards
- Questions You Can Ask Your Kids Before Bedtime To Establish A Closer Relationship
- 8 Phrases That Help Us Communicate More Effectively
- 5 Positive Phrases That Make Your Communication More Optimistic
- 20 Phrases To Deploy For Effective Communication
- Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence
- Positive Parenting Strategies for the Teenage Years
- Game Plan for Peaceful Parenting Your Teen

DIGITAL RESOURCES

- Positive Parenting Tips for Teenagers
- Good Communication Positive Parenting
- The Benefits of Positive Language
- Questions to ask your children
- 39 Games & Activities
- Pizza Breathing Video
- 5 Finger Breathing Exercise
- Size of Feelings - SEL Sketches - YouTube
- Morning affirmations 2
- Morning Affirmations 1
- Affirmations
- Affirmations 2
- <https://www.livebinders.com/play/play?id=914354>



BOOKS

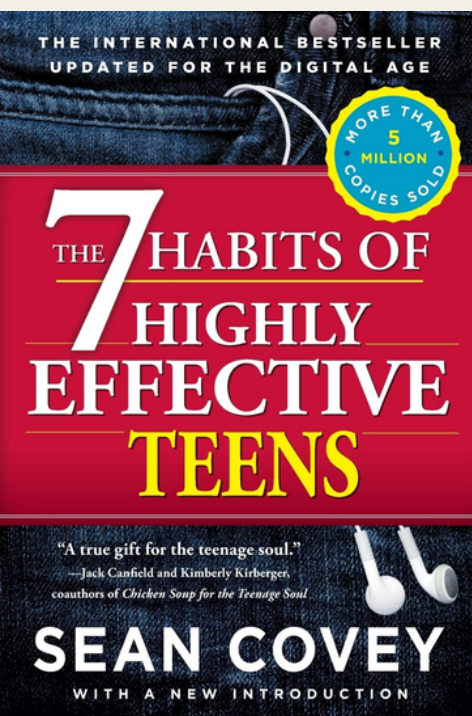
- THE 7 HABITS OF HIGHLY EFFECTIVE PARENTS, STEPHEN COVEY
- THE 7 HABITS OF HIGHLY EFFECTIVE TEENS, STEPHEN COVEY
- THE BIG LIFE JOURNAL
- MINDFUL PARENTING, KRISTEN RACE, PH.D
- RAISING GOOD HUMANS, HUNTER CLARKE-FIELDS
- THE POWER OF THE ADOLESCENT BRAIN, THOMAS ARMSTRONG

Simple and powerful solutions
for raising creative, engaged,
happy kids in today's hectic world



Kristen Race, Ph.D.

"In our increasingly hectic world, many parents feel too busy, stressed, and distracted to teach their kids how to live healthy lives. *Mindful Parenting* will show you how to slow down, model mindfulness, and stay connected as a family."
—Dr. Laura Markham, author of *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*



Happy
Holidays



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THANK
YOU
😊

