

## Communication: The Value of Reframing

### DO'S

- pose questions
- encourage discoveries
- empower by giving choices and options
- be natural
- follow gut and intuition
- use common sense
- be warm, gentle, loving, and affectionate
- be free to laugh (light spirit)
- touch in comfort or in response to the child
- be clear, direct, honest, and straightforward with statements and names
- entice, seduce, invite, stimulate, guide
- speak softly, gently
- move slowly, gracefully
- make direct eye contact
- speak at eye level; listen

### DON'TS

- give all the answers
- solve all the problems
- engage in power struggles
- eliminate choices, corner the child
- be rigid, stereotypical, or mechanical
- create dependencies or attachments
- be the entertainer or clown
- control with touch
- touch uninvited
- give mixed messages
- make statements into questions
- have double standards
- force or demand with ultimatums or harsh and angry speech
- pretend to listen; interrupt; speed-up, or loom over the child