

Communication: The Value of Reframing

DO'S

- pose questions
- encourage discoveries
- seek helpers; use resources

- 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

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