

CONSCIOUS RELATING TOOLS

Everyone – including you and your child – is just trying to get his or her needs met. Like it or not, we all have needs. The key to staying present and connecting with your child is to always be looking beneath the behaviors to find the unmet needs.

PEACE Process

Pay Attention to what's going on within you and around you. Notice what's happening in your body, what are you thinking, how do you feel? What's going on with your child? Where did your child come from? Might they be hungry or tired? Did they have a rough day? What in the environment might be contributing to the situation?

Empathize – with yourself and your child. What are you feeling? Do you need a time out? Self-compassion? Begin to really notice your child and his/her feelings. Notice and say out loud what you are seeing. Guess what they might be feeling or what the unmet need is. Just because they have a need does not mean you need to FILL the need, but you will want to acknowledge the need. You can try using statements such as “can you help me understand....” Or “I imagine you might be feeling....” Or “I’ll bet you were needing....”

Create options and solutions (this is not always necessary) – try to allow the child to come up with their own solutions and ideas.

Compassionate Listening

We all feel the impulse to fix, validate, advise, and reassure. In compassionate listening, we just listen and empathize.

- Listen intently/pay attention
- Refrain from interrupting
- Refrain from judgment
- Refrain from comparing to yourself to the person you are listening to