

Relationship Rehab Show

Episode 38: Creating Effective Communication with Your Child

How do you help your child become comfortable with feelings? How do you create a healthy emotional bond with your child?

Today you heard from three mothers who have extraordinary connections with their children because of the use of simple skills that anyone can learn and use.

Teri shared how simply repeating back to her grandchild a request paid off with a big, heart-felt, spontaneous hug.

Krystal shared how she found resources to help her toddler express feelings before he had adequate words to tell her.

Mollie shared how using a technique called mirroring helps all three of her teens feel heard, understood, and loved.

I'm including in this download a simple exercise that has transformed many parent/child relationships called Taking Out the Trash. Please use it exactly as instructed.

Other times you can count on repeating back to your child their upset words and feelings to calm them down and help them gain perspective. One rule I want you to remember: Lectures create emotional distance. Listening creates emotional connection. The more respected and connected your child feels to you the less problems you will have with misbehavior.

You have my love and support,

Nancy Landrum



"Taking Out the Trash" is part of the *Adventures in Marriage* curriculum, by Richard Albertson. (Used with Permission) After asking permission to take out the trash, the listener does not repeat what the speaker says. The listener just asks the following questions of the speaker and repeats each question until the speaker can't think of anything else in that category before moving on to the next question. Do this with each of the

questions without commentary, questions, or advice!

Listener asks: "What are you mad about? What else are you mad about?" And keeps repeating the question until the speaker can't think of anything else. Then...

Listener moves on to this question: "What are you sad about? What else are you sad about?" And, again, repeats until there are no more answers. Then...

Listener asks: "What are you scared (or worried) about? What else are you scared about?"

Listener asks: "What do you want to be different? What else do you want to be different?"

Listener asks: "What are you glad about? What else are you glad about?"

If the speaker seems open to it, a hug might be appropriate...and "Thank you for sharing with me."



Caution: Listener, do not use anything you heard here as a topic for conversation later, unless the Speaker agrees. If you violate this trust, the Speaker will not consent to this exercise again.

This exercise works wonderfully with children, teaching them a safe way to vent their feelings. It also works with adults, or as an outline for journaling.

Find more support a

www.RelationshipRehabCoach.com

