

Connect

By Jeanette Hargreaves, Parent Coach

*Go over these steps
with your family.
Practice for 3-6 months
and you will see results!*

Maintain your Composure

Calm yourself (use The Perfect Yawn).

Connect with Feelings

Notice how they're feeling. Try to read their body language. If they're upset, avoid eye contact to help them feel safe. Say, "You're feeling _____ because _____." Pause. Notice their reaction.

Connect with Values

What's important to them? What do they like? Take a moment to think about it. Don't focus on the "don'ts," such as, "You don't like it when..." Instead, affirm their values, "You care about _____." Pause. Notice their reaction. You may repeat the steps above.

If there's a Problem

Problem-solve together based on values. Consider both individual and family values. Support success. How can you be helpful? Avoid rewards and punishments. Instead, find something to celebrate together.

Celebrate wins.

If you notice you've made a connection, smile!

BONUS!

Connect With Yourself

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Maintain your Composure

Calm yourself (use The Perfect Yawn).

Connect with Feelings

Say to yourself, "I feel _____ because _____." Notice what the feelings feel like in your body. Pause.

Connect with Values

Say to yourself, "Because I'm feeling _____ that means I value _____." Pause. You may repeat the steps above.

If there's a Problem

Ask yourself, "How can I be helpful using my feelings and values? Problem-solve based on your values. Consider both individual and family values. Get support to be successful. Avoid rewarding and punishing yourself. Instead, find something to celebrate.

Feelings give you energy.

Use all that energy to be helpful!

After You Connect, Direct

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Direct someone only after you've connected with their feelings and values. (They are more likely to listen to your direction.)

When you give direction, discuss underlying values, and talk about why the task is good. What's the big picture? Help them understand how they are an important part of the whole. "We value our family meals, and we work together to run the kitchen."

Be direct and clear about the task. Use low-pressure words. "Put the dishes away with me."

Don't ask, "Can you...?" or "Will you...?" unless you're really asking.

Let them know how to get help. Support them in being successful. For example, help a child clean their room. Work together.

If they resist, go back to the Connect technique. Problem-solve based on values.

There's no need for "please" and "thank you," unless they're doing something as a personal favor (like passing the salt). Instead, notice what they did, "You helped get the kitchen ready for our next meal." Talk about feelings and values, "You enjoy having a clean room," Or, "You take pride in your work." Notice details about their work, "The way you organized these art supplies will make it easy to find what you want." Celebrate. Help them see how doing the task was valuable.

The Perfect Yawn

How to tell your nerves to calm down so you can be
Cool, Calm, Collected, and Confident

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts (butt)

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh