

# How to Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber, Elaine Mazlish

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Name the feeling first**

Before correcting, say one sentence that proves you understand the feeling: 'You really wanted more time,' or 'That felt unfair to you.'

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<sup>02</sup> **Replace one command with a choice**

Keep the limit, but offer two acceptable routes: 'Pajamas first or teeth first?' The choice should be small and real.

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<sup>03</sup> **Give the wish in fantasy**

When the answer is no, try: 'You wish we could buy every toy in the store.' Let imagination carry some of the disappointment.

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<sup>04</sup> **Use a problem-solving note**

Write the issue at the top of a page and ask your child for ideas. Cross out unsafe ideas later; generate first, judge second.

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<sup>05</sup> **Shorten the boundary**

Practice limits that are calm and brief: 'I will listen to angry words. I will not let you hit.' Stop before it becomes a lecture.