

<p><b>3:1 Rule</b>                  Three positives to every one perceived negative. Make them feel seen.                  Notice <u>effort</u>, celebrate tons of micro-success, be authentic about it, do it often. <i>Benefits - emotional security, reinforce what you want to see, confidence, connection and joy</i></p>	<p><b>Wait Time</b>                  Use plenty of “Wait time” to listen better, hear, understand, create a more secure attachment, reflect back what you hear. Don’t respond in mindless patterns like a ping pong game, wait, then wait <b>more</b>. Give <b>space</b> in the conversation. Allows processing time, attunement, security. Count in your head how much time is needed.</p>	<p><b>Pre-Conversation</b>                  Do a pre-convo so you don’t come out of left-field, so your child can get mentally prepared. It gives them time to regulate the nervous system. Ex: “I need to chat about something. You’re <b>not</b> in trouble. I’ll really try to listen. It will take this long and we’ll talk about...”</p>
<p><b>Temperature Check</b>                  Ask for a 1-10 on any domain, “What’s your temp, 1-10? Why? What would make it a point higher?” Be sure to LISTEN patiently to their “why”. <i>Benefits - security, open ended, introspection, logistics</i></p>	<p><b>Hi-Lo</b>                  With any situation, ask “What’s your hi-lo? The best and worst thing about ___?” Then, “tell me more, I’m listening...” Then, “How can I be helpful?”  <i>Benefits - security, introspection, logistics, connection</i></p>	<p><b>Pebbles of Positivity</b>                  Toss positive pebbles as often as possible. Notice effort, cool things about your child, be authentic, don’t wait for a response, just toss out what you see.</p>
<p><b>90% Listening 10% Talking</b>                  Here the parent tries to listen 90%</p>	<p><b>Vocal &amp; Body Language</b>                  “I notice your voice doing... What’s up?” or, “I notice your body...”</p>	<p><b>.Ask Your Child How to Improve the Connection / Relationship</b></p>
<p><b>Be Aware of Breathing</b>                  Chest or belly breathing. Mouth or nose? What is the nervous system Doing? What is your child’s nervous system telling you?</p>	<p><b>Reflective Listening</b>                  “Here’s what I hear, is that right? Tell me more, I’m listening.”                  Mirror, attune, feel listened to.</p>	<p><b>If You Had a Magic Wand?</b>                  You’d want, you’d change about me, our relationship, yourself, how you did last semester in class, etc...</p>
<p><b>Active Listening</b>                  This is simply an overarching concept for ways to listen to increase secure attachment.</p>	<p><b>Validation</b>                  “I hear you.” Unfortunately, invalidating each other is common in our culture.</p>	<p><b>Body Scan</b>                  Evaluate yourself. Where is Sensation? Grippy? What is that telling you?</p>
<p><b>Ask, “What do YOU Think?”</b>                  Curious, open vibe, listening attentively. Give them ownership, stop rescuing, agency, “What do you think?” heard, seen, understood, relationship building, affirming.</p>	<p><b>‘I’ Statements</b>                  “I feel ___ when you ___ . I notice my body...?”                  Not: “You make me...” statements. They are a victim mentality, which is not modeling personal responsibility.</p>	<p><b>The Issue Isn’t the Issue</b>                  What’s really going on? Step back. What’s the ‘message’ of the nervous system. “I can’t? It’s too hard? I don’t know where to start. I feel attacked.”</p>
<p><b>If You Could Go Back In Time?</b>                  What would you do differently? Often after tests, projects, semesters, homework, social situations.</p>	<p><b>Breathwork</b>                  Helps with nervous system regulation. You can Do this with your child, to attune and connect. Research types to see what you like, wim hof, two-stage, box breath, holotropic.</p>	<p><b>False Choices</b>                  Give about 3 simple choices to make things more concrete, all choices are wins. Reduce friction, make it an easy yes, not overwhelming, helps them self-start, gives micro-success experiences, all choices are wins.</p>