

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING

Cliff Notes for Parents—Session 4

Remember:

1. Essential "Be-With" Attitudes: **I'm here—I hear you—I understand—I care—I delight in you!**
2. Importance of nonverbals (face and voice congruent with words; toes follow nose; lean towards child)
3. Avoid asking questions; instead make reflections/statements (trust your experience/instinct; sometimes you aren't sure, but child will correct you if you are wrong)
4. Often helpful to start reflection with: "**You/You're . . .**" to give child credit for actions/intent
5. Other reflections that can be useful in conveying (a) acceptance of the child, (b) freedom of the playtime, (c) belief that the child will take her play in the direction she needs, (d) belief that the child is inherently worthy of being valued and prized, and (e) capable of self-direction and problem solving:

"You're wondering . . ."

"In here, you can decide."

"It can be whatever you want it to be."

"That's up to you."

"Hmm - I wonder. . . ."

"Show me what you want me to do."

"What should I say/do; What happens next?"

(stage whisper—child is director and you are the actor, with no script)

"You know just what you want to do."

"You decided to. . ."

"You did it" (important that your affect matches child)

"You got that just the way you wanted it to go."

"You figured that out."

"You're working hard to get that off."

"You're determined to figure that out."

"You look happy, proud, sad, etc . . . about that."

6. Therapeutic Limit Setting: conveys your empathic understanding of the child's intent/desire and provides the child with the opportunity to bring self under control. **Remember: A-C-T**

"Isabella, (A) I know you'd like to shoot the picture, (C) but, the picture isn't for shooting. (T) You can shoot the dart at the wall (pointing to wall)"

"Isabella, (A) You'd like to play with the playdoh on the carpet, (C) but the playdoh is for staying on the tray" (sometimes you don't need a "T")

"Isabella, (A) You'd really like to play longer, but (C) our time is up for today. (T) We can go outside and play on the trampoline OR We can go to the kitchen and get a snack" (have options prepared ahead of time that you know your child would look forward to)