

Empowering Parents To Raise Confident, Resilient and Happy Kids

Step 4: Heart centered parenting

2nd Pillar ~ Communicating within your family.

Left brain ~ Logical

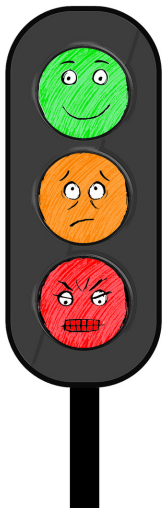


Right brain ~ Emotional

When your child is communicating from their right brain (emotional), and you communicate from your left brain (logical), your communication will clash. For example, If your child is having an emotional meltdown (R Brain) and you tell them to calm down (L Brain), your child will most likely feel angrier or more upset as they won't feel understood and it will take a lot longer for them to feel calm.

So, It's important to communicate from the same side of the brain as they are. To do this, reflect back to them what you are seeing. E.g. "I can see you're feeling anxious," or angry, upset.

It will then help them to feel understood, and they may say "Yes, I am feeling angry or sad or worried etc.



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Give them the space to talk and listen and reflect back what you see and what they are saying. E.g., I can see why you feel frustrated, or sad, or angry. Keep the communication along those lines.

When they are feeling calmer, then you can have the conversation with them.

Use this space below to practice whole brained communication. Write down some ways you can communicate with your child using this technique.

