SESSION 2. Cooperation & Communication

WHO OWNS THE PROBLEM?

- PARENT
- CHILD
- SHARED

Provide discipline
Provide support

Successful families learn from their problems.

COOPERATION:
Two or more people working together in a mutually supportive manner towards a common goal

COMMUNICATION is the key to COOPERATION

Avoid COMMUNICATION BLOCKS.

Use ACTIVE COMMUNICATION:

STEP 1. Listen actively.
STEP 2. Identify & respond to feelings.
STEP 3. Look for alternatives/evaluate consequences.
STEP 4. Offer encouragement.
STEP 5. Follow up later.

ACTIVE LISTENING:
Attention
Acknowledgement
Empathy

Use FEELING WORDS.

- Offer guidance.
- Share your experience.
- Don’t take over!

THE 3 CHANNELS OF COMMUNICATION

- WORDS
- TONE OF VOICE
- NONVERBAL CUES

Mixed Messages

body language
facial expression

Dictators DEMAND cooperation.
Doormats HOPE for cooperation.
Active Parents TEACH cooperation.

Say “I LOVE YOU” every day.

Supplement this video with the Active Parenting (4th Edition) Parent’s Guide and Parent’s Workbook for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.

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