

Nanny Care Hub Summary:

How to talk to *little* kids so they will listen.

Hannah Malmgren

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How to talk so little kids will listen

1. Joanna Faber and Julie King
2. Nonfiction
3. I primarily chose this book out of curiosity, I had heard about it before and loved the premise- it seemed to meld into how I try to care for children.

Main takeaways- Techniques and Tools:

- Acknowledge and accept feelings
 - "Oh, so you really don't like it when your sister grabs your blocks. It's frustrating"
 - This tells the child that you are listening and validating.
 - This also gives the child a vocabulary of emotions to better learn what he/she is feeling.
- Feelings don't need to be limited, only some behaviors.
 - No feeling is wrong or bad, it's about what behaviors are happening. We only limit behaviors. I.e. You can be angry at your sister for grabbing the blocks, but hitting isn't ok
- Use "The problem is" instead of "but"
 - This one is awesome, because it's a quick and easy way to overcome our natural verbiage, like "but".
 - This unfortunately actually communicates that their feeling is wrong- you gave the gift of understanding and take it right back with the word "but". "The problem is" frames it as something that can be solved, and it puts you on their side too.
- Use "even though you know" instead of "but" when the complaint is not truly a problem.
 - Example- wanting late night cookies isn't a problem to be solved. Using "even though you know" validates and states without you caving to the rules. "Even though you know it's too late for cookies, you really want one because they're so yummy"
- Give the child control through options and team problem solving-
 - "do you want jeans, or black pants?" vs. "GO put pants on!" Or, "you want to play alone, but your little sister wants to play blocks with you. This is hard, what can we do to fix it?"
- Use art as expression-
 - "you're so angry, take this crayon and draw just how mad you are so you can show me"
- Use lists of solutions or wants-
 - make lists for toys wanted that cannot be purchased in that moment.
 - Make lists of solutions- include ones that seem silly or you do not want.

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- In the end, cross off ones you dislike and explain why, also cross off ones your child dislikes. Hopefully you have a solution left!
 - Be dramatic and understanding
 - Create imaginative situations to give what is not feasible in reality.
 - "I wish you could stay up all night and never be tired, you would play trains ALL NIGHT LONG!
 - Give information- this works better with older kids. Keep it short and simple.



Common "trouble" Situations

Mealtime

- Let children help make food
- Let the child put own food onto plate - serve food on pots and let family spoon what they want on their plate.
- Do not "3 more bites" bribe
- Do not make additional meals, he/she may eat sides or simple replacements if absolutely needed
- Have child help decide- give choices!

Drop Offs

- Talk about ahead of time
- Create a list of toys to play with on arrival
- Be exciting
- Name favorite teachers
- Give choices "do you want to bring your car or your rabbit?"

Sibling rivalry

- Use lists!
- Be empathetic
- Safety is priority "we need to separate"
- State the obvious without giving labels. "It really hurts when you hit, Sally is crying!"
Instead of "you're so mean to your sister!"
- Understand the feeling behind the behavior
- Divide your time

Bath/teeth brushing

- Use songs or games!
- Make objects talk
- Let the child help
- Give choices

Doctors appointments

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- Talk about beforehand
 - Use a cherished prize for being brave
 - Give the child some control-but giving choices! "which arm do you want your shot?" Do you want to sit on my lap or the table?



Trouble Shooting

If in doubt, go back to accepting feelings

Crying is ok!

Some battles will not be won.

Meet halfway

Make sure essential needs are met. A tired child cannot behave. Nor can a thirsty or hungry one

Check your feelings and give yourself time to regroup.

Tell child your feelings.

