“Children are human beings just as we are, and behave in accordance to the way they are treated just as we do.” - Jan Hunt

“How we feel about our kids isn’t as important as how they experience those feelings and how they regard the way we treat them.” - Alfie Kohn

**OBSERVE WITHOUT JUDGMENT**
“I see that you have…”
“Something happened to…”
“I can tell you are not ready to…”
“It looks like you had a different idea…”

**FEELINGS & NEEDS**
“I’m wondering if you are feeling… because you are needing…”
“I am guessing our friend is feeling…”
“I imagine that it feels…”
“I can see that you’re angry/sad/frustrated…”

**CONSCIOUS PARADIGM**

**TRADITIONAL PARADIGM**

**EVALUATION OF BEHAVIORS**

**POWER OVER**

**CRITICISM, JUDGMENT & CONTROL**

**DISCONNECTING WORDS**

**LOVE IS CONDITIONAL**

**I AM JUDGED & EVALUATED**

**MY NEEDS DON’T MATTER**

**MY FEELINGS ARE NOT VALUED**

**ENGAGE & SUPPORT**
“I’m concerned that…”
“Tell me about your idea.”
“If you need me, I’ll be…”
“I’m wondering how I can help you?”

**SOLUTIONS**
“I wonder how we can make this right…?”
“Do you have an idea about how to…?”
“I think our friend might need…?”
“How can you make a different choice?”

**EMPATHY, CURIOSITY & GUIDANCE**

**CONNECTING WORDS**

**I AM WORTHY**
I AM LOVED UNCONDITIONALLY

**MY FEELINGS ARE RESPECTED**

**MY NEEDS ARE CONSIDERED**

**ENGAGE & SUPPORT**

**SOLUTIONS**

**POWER WITH**

**CONSCIOUS PARADIGM**

**TRADITIONAL PARADIGM**

**COMPLIANCE THROUGH MANIPULATION & FORCE**

**DISCONNECTING WORDS**

WHAT THE CHILD HEARS & FEELS

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