

"The health, productivity, and creativity of any society are the direct result of how the children of that society were treated."

-Dr. Bruce Perry, M.D., Ph. D



*the*  
**Nurturing Center**

STRENGTHENING FAMILIES, SUSTAINING COMMUNITIES

STRONG FAMILIES BUILD STRONG COMMUNITIES

## Communication for Cooperation

*By Susan Christofferson*

Help children cope with their feelings

Listen with full attention

Acknowledge feelings with a word

Give the feelings a name

Avoid

Asking questions or giving advise

Denying the feeling

Explaining or giving logic

Encourage autonomy

Let children make choices

Show respect for your child's struggle

Don't rush to answer questions

Praise

Describe what you see

Describe what you feel

Sum up the praiseworthy behavior with a word

Be sincere

Engage cooperation

Describe the problem

Give information

Say it with a word

Describe how you feel

Write a note

The  
Nurturing  
Center's  
goal is  
to ensure  
that each  
child has  
the right  
to be treated  
with respect  
and live  
in safety  
with secure,  
healthy,  
nurturing  
relationships.