

INTRODUCTION TO COMMUNICATION WORKSHOP
The practical skills and tools to help guide your children -
PRESENTED BY SYLVIA AROTIN



Cooperation ★ *Autonomy* **Independence**
BUILDING
Building
Self regulation
Intrinsic
Motivation
Self-Discipline

Name: _____

Introduction

Write down one thing that you would like to work on for yourself, this could be a quality that you would like to improve, something you would like to acquire or even something (a habit/ thought) you would like to let go of:

Reflection:



Interesting fact!

80% of a child's brain is developed by 3 years old.

→ 90% by age 5.






Building Self -Regulation

“An emotion does not cause pain. Resistance or suppression of emotion causes pain” – Fredrick Dodson

SKILL



Scenario 1: John (4yrs) and Jane (2.5yrs) are in the playroom together and you are in the next room. You hear Jane screaming and crying. You walk in to the room and see John holding one of Jane’s toys. How would you respond?



MY NOTES



Remember



2

Building Self-Discipline



“When a person is drowning that is not the time to give them a swimming lesson” – Faber et al.





Think about a helpful strategy you would like to use in that moment of anger, frustration, rage or intense feelings to help you take control of your feelings before you deal with your child's:



Strategy



Two things to avoid when dealing with discipline:

 	 
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MY NOTES



WORDS / PHRASES THAT SHOULD BE AVOIDED



Discipline says, "I'll teach you how to do it right,"
while Punishment says, "I'll make you regret doing it wrong"

- Leah Martin

SKILL



Scenario 3: You see your child holding your phone, you ask for it back and they don't respond. You repeatedly ask with no response so you take it off them and they hit you. What would you do?

Helpful Hints



3

Building Cooperation

"You can't teach children to behave better by making them feel worse. When children feel better, they behave better" - Pamela Leo.

SKILL



Scenario 2: You are at the park and it is time to go home. Your child is having so much fun they don't want to leave and have voiced their opinion. What do you do?





HANDY TIPS



MY NOTES

TODDLERS.

The craziest, messiest, most infuriating, emotionally unstable, unreasonable, frustrating, tiring people you couldn't imagine your life without.



A CHILD who is being "difficult, rude, mean, unreasonable..." is having a HARD TIME with their big EMOTIONS and their 'awful' behaviour tells us that. It's up to us to LOVINGLY LEAD them through their UPSET rather than joining them in it.

We can do it but first we have to be CONSCIOUS enough to see what is required of us and then TRUST ourselves enough to do it.

-Bridgett Miller-

4

Building Intrinsic Motivation

“Being trained to please others, addicted to validation, attention and acclaim” – Howard Stern

UNHELPFUL PRAISE

(Externally Rewarded)



HELPFUL PRAISE

(Intrinsically Motivated)



VS



SKILL



Scenario 4: Your toddler has just put their shoes and jacket on by themselves; they look up at you and smile. What would you say?



MY NOTES



5

Building Independence & Autonomy

“The greatest gift we can give to children are the roots of responsibility and the wings of independence” – Maria Montessori



MY NOTES



SKILL

Building Independence and Autonomy in children

Reflection



THINGS TO REMEMBER



Last thoughts:

- Slow down
- Transitions in life are hard (emotionally, physically and mentally)
- Children don't operate at an adult level, we need to operate on theirs
- Simple small requests, break down instructions
- Routine & structure is key including a prepared environment

MY FUTURE

The steps I am going to take to ensure I continue to practice and apply the skills as effectively as possible are:

- 1.
- 2.
- 3.



Want some more?

Join our Facebook page & follow us on Instagram.

Helpful vlogs on our YouTube channel
<https://www.youtube.com/c/GuideGrowTV>



If you are interested in follow up programs or any of our resources to help you cement your learning, please subscribe to our website www.guideandgrow.com


Cheat cards

Use these printable cards as a “cheat” whenever you are in a difficult situation and you need a reminder of what you can do to encourage effective communication. Cut them out and keep in your handbag, place them against the fridge, use them wherever and whenever you need them.




Instead of saying “Good...”

- Thank you!
- You did it!
- You look so proud of yourself!
- I really like the way...
- Describe the effort
- Describe what you see/feel
- Use tone
- Stay silent



When in doubt, remember to:

1. Acknowledge feelings
2. State your expectations
3. Offer a choice



Testimonials

We hope that after watching our video you will feel confident and empowered to effectively communicate with your child/children when those everyday situations arise. We want to help reduce the stress and frustration to maintain a healthy relationship and loving bond between you and your family.

Here's what previous attendees of our workshop are saying:

“ Guide & Grow is an effective way of parenting and teaching children in the 21st Century. I have had the pleasure of attending some of the workshops Guide & Grow have offered. The workshops have helped me, both as a parent and a school teacher. They have provided me with more of an understanding in dealing with children's big emotions. ”

Alysha McDowell

“ As a parent and an early childhood teacher I highly recommend Guide & Grow's approach especially when dealing with children's BIG EMOTIONS. Having been to many trainings on communication with children I found Sylvia's approaches very effective and complimentary to what I've learned previously. ”

Laura Dusells

“ Understanding and expressing his feelings was a great step forward that took the frustration away and suddenly he was able to focus on an activity of his choice and loved learning. I had no idea he could do all that!!! I wish every parent would be as lucky as I am to have Sylvia by their side for every step while learning about their little one's great potential. ”

Petra Ohrazdova

“ I've been lucky to attend one of Guide & Grow's workshops to find out about effectively communicating with your children. It's only when I got home and applied the skills that I learned and saw that it WORKED, that I knew this was going to change things around our home. ”

Anneke Meintjes

“ Perfect for any parents looking to gain insights into a child's behavior and effective ways to help deal with different situations and emotions. Some really great tools and advice that we've been able to incorporate into our daily lives that have had great results. A really encouraging, supportive, and informative environment. ”

Deanna Garnett

“

As a mum to a very strong willed 2 year old, I found the workshop to be truly eye opening and helped me understand that all of my sons emotions are valid and it is up to me to help him navigate through them. I am continuing to apply my learnings from the workshop and have found an incredible decrease in the number and duration of tantrums! ”

Hosna AZ

“

In just a few short weeks since your Workshop, our relationship with our 2 year old has gone to a whole new level, we have so much mutual respect for each other and we are communicating in ways I didn't know were possible at this age. Thank you so much, I look forward to attending your future workshops. ”

Natalie Satterly

“

I love my toolkit of skills that helps me to acknowledge and help my children to better understand the emotions driving their behaviour, then giving them tools to work through it.. it's like a magic formula that works every time and each time it works I feel very lucky to have found Sylvia and Guide & Grow. ”

Sara Assaf

“

We have attended 2 workshops and will definitely be attending more! We find them so beneficial in providing practical strategies to tackle situations with an emphasis on setting boundaries and guiding behaviors through communication in a supportive, caring and warm environment so that everyone learns and grows along the way. Can't wait for the next workshop!! ”

Claire Downton