

“RECIPES FOR COMMUNICATION:” FEEL, FELT, FOUND

GOOD TASTE: Offering information or suggestions without being directive.

BAD TASTE: Being bossy. Telling the parent what to do.

1. Gather information through listening and/or observation.

2. Describe the feeling the parent is expressing or showing.

“You seem really exhausted from being up so much at night with the baby and maybe feeling alone and like you’re not getting much support from anyone.”

3. Tell the parent about a time when you or someone you know felt that way.

“A lot of the new parents I work with feel some of these same things when the baby is new. “

4. Tell the parent what you found worked for you (your friend, other parents you work with) when in a similar situation.

“One mother found that if she was able to get herself some adult company a couple of times a week, that....”

5. Ask the parent if this is something that might work for her/him.