

“RECIPES FOR COMMUNICATION:” NORMALIZING

GOOD TASTE: Offering new information with respect and empathy. Opening the way for a change. Showing respect for parents and for significant relatives. Helping the parent not to feel so alone.

BAD TASTE: Correcting, dismissing, minimizing the parent’s feeling, “shoulding.”

- 1. Gather information through listening and/or observation.**
- 2. Describe the parent’s feelings, opinion, behavior, or interaction you observed that concerns you.**

“So you don’t want to spoil your baby and you think that holding her a lot or picking her up when she cries will spoil her.”

- 3. Normalize it.**

“Lots of parents think that. I used to think that too. That’s what my mom told me.”

- 4. Share information to educate the parent and encourage discussion.**

“Actually being concerned about spoiling your kids is telling me that you are a caring parent because it tells me you want people to like your child and you want your child to be well-behaved. When we were growing up the experts and our parents believed that and now we know that..... is actually what causes a child to act spoiled.”