

# Nurture Principle 4: The Power of Communication

"...the emphasis should not always be placed on speech...children have the right to be supported in expressing themselves in the ways that most suit them"

- Dr Rebecca Wood



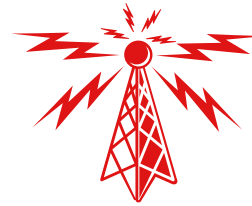
- Drama, puppets and sand play.
- Poetry, artwork and ICT.
- Drawing the Ideal Self.
- Illustrating the Ideal Safe School.
- Children's Exploratory Drawings.
- Talking Mats.
- Parts Pictures.
- Strengths, feelings and activity cards.

"Our use of language is instinctive but we need to challenge that instinct...communication is rarely an even playing field"

- Zanne Gaynor, Kathryn Alevizos and Joe Butler

- Focus on saying one thing at a time.
- Slow down and give more time for processing.
- Avoid unnecessary filler words.
- Say what you mean. Be specific and consistent.
- Use indirect language to reduce perceived demands.
- Offer choices and flexibility.
- During stressful moments, say less or nothing at all.

## Affirming, validating and empathetic messages



I'm wondering if...

I've noticed how...

It looks like you are feeling worried about...

**I am seen**

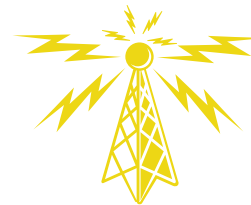
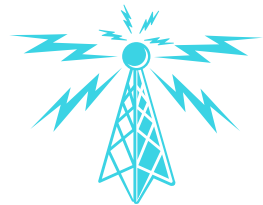
You're letting me know that this is...

It's okay to feel angry about...

I know this is a big ask for you...

I understand that you think this isn't fair.

That was so hard, but I'm still here for you. **I am accepted**



What do you need from me?

Which choice do you prefer?

How can I make this easier for you?

**I am empowered**

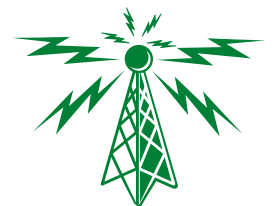
It's okay to say no if you're not ready.

I missed you while you were gone.

We are so happy to see you again.

I haven't forgotten about you.

I was thinking of you when...



**I am remembered**