



REVIEW CHECKLIST

For avoiding lectures

- Am I clear with my communication in the morning, and when in doubt, do I use reflective listening to verify understanding?
- Do I ask open ended questions when appropriate, and give my child time to process what I said?
- Do I listen to myself talk, and avoid lecturing?
- Do I role-model “I” statements when my emotions are ready to erupt?
- Do I utilize the visual supports I created to keep moving things forward?
- Do I allow natural and logical consequences to occur in order to encourage independence in my child?