

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING
Feelings Response Practice Answersheet - Session 2

Directions: 1) Look into child's eyes for clue to feeling. 2) After you've decided what the child is feeling, put the feeling word into a short response, generally beginning with you, for example: "You seem sad," or "You're really mad at me right now." 3) Your facial expression & tone of voice should match your child's (empathy is conveyed more through nonverbals than verbals).

1. Your 4-year old is beaming, holding a drawing high in the air, jumping up and down saying, "Look what I did!"

Response: (with enthusiasm in your voice to match child's) "You are so proud of your picture." or "You really like you're drawing." or "You want me to see what you drew!" (prizing the picture)

2. Your 6-year old abruptly stops drawing on a piece of paper, frowns, crumples up the paper, and throws it down

Response: (with your voice conveying emotion you think your child is feeling) "You're really frustrated with your drawing!" or "Looks like it's not working out the way you wanted." or "You're disappointed in how your drawing looks."

3. Your 5-year old punches the bop bag. It bounces back and hits the child.

Response: (depending on child's facial expression) "That surprised you!" or "That hurt."

4. Your 5-year old takes the toy knife, stabs at the bop bag, and yells, "Take that and that!" and then jumps on it and gets the bop bag down on the floor, then looks up at you.

Response: "You got it... you're really strong." (give a response that conveys the child's power)

5. Your 8-year old comes home from school, his shoulders slumped, head bent down. He looks as if he is about to cry when he says, "Eric said I was a sissy. I don't have any friends."

Response: "Sounds like that hurt your feelings" or "You're sad that Eric said that." [Remind parents to avoid rescuing child from emotions the parent doesn't like]

6. During a rare moment of quiet time together, your 11-year old timidly asks, "There's a kid in school who is doing drugs. What should I do if he tries to get me to do drugs?"

Response: "Sounds like you're worried." [The question implies that the child already knows to say no but is afraid. Encourage parents to help the child explore the emotions around the decision before guiding the child toward a solution. An anti-drug lecture would be out of place and would block further communication.]