

# SUNDAY SNIPPETS OF SUPPORT

THE DECLARATIVE LANGUAGE & CO-REGULATION BLOG



## One Exchange at a Time

By Linda K. Murphy - March 14, 2021

What an exciting week it has been with almost 1,000 people downloading or purchasing a copy of *Co-Regulation Handbook*, and many new followers here. Welcome and thank you!

If you are newer to co-regulation and declarative language or just now thinking about giving this new communication style a try, I want you to be successful. Here are 4 tips:

1. **Noticing your own communication** is the first step, along with simply becoming aware of when or how often you ask questions or use imperatives.

2. **Start small!** Don't feel like you need to change your communication or speaking style all at once. Change can be hard, and it takes a time to build new habits and confidence. To set yourself up for success, think of one or two opportunities in your week where you can commit to making comments only, waiting for your child's cues (verbal or nonverbal) before adding more information, and slowing your pace overall to be fully present in the moment with your child. This could be a 5-10 minute exchange at first. Start at that place where YOU will feel successful.

3. **It is okay to make mistakes.** As you feel comfortable, don't be afraid to rephrase questions or imperatives in the moment. For example, if you hear yourself say, "What do you need right now?", take a moment to think, and follow up with something like, "What I meant to

say was...I'm wondering if you know what you need" or "I'm wondering if you need help remembering what you need."

4. **Be kind and patient with yourself.** One exchange at a time is all you need to think about. Here are some ideas for the one opportunity in your week that you could give this a try – but remember, only you will know which context or opportunity will be just right for you: One where you don't feel rushed and you can simply be present in the moment with your child:

- Reading a book together at bedtime
- Going for a walk together
- Watering plants together
- Unloading groceries
- While driving in the car
- During bath time

Thank you for being here and trying something new.



## ***4 Tips When Getting Started***

*1. Noticing your own communication style is the first step!*

*2. Start Small*

*3. It's okay to make mistakes!*

*4. Be kind and patient with yourself.*