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“POCKET REFRAMES”

TO CREATE DEEPER CONNECTIONS WITH YOUR KIDS

A “Pocket Reframe” is a short phrase parents can use to help their children look at a situation in a different light or setting. It’s a fantastic way to develop a deeper connection with your kids.

Below are 3 common ways parents often miss connecting with their kids and 3 pocket reframes to help you connect with your kids.

1. REDIRECTING EMOTIONS ◀

SCENE:

Your child is yelling at the top of their lungs “I hate you!” and throws a ball in your direction.

MISSED OPPORTUNITY:

Parent reacts: “Stop it right now!”

POCKET REFRAME:

“I see that you are __ (excited, mad, sad, frustrated, need attention etc.), but what’s another way to tell/show me?”



HOW THIS CONNECTS YOU WITH YOUR CHILD:

Instead of yelling and shutting your child down you are redirecting your child’s emotions and teaching them how to problem solve.

2. OPTIONS VS. THREATS ◀

SCENE:

Your child is refusing to get ready for the day. You are annoyed and it is negatively affecting the family plans.

MISSED OPPORTUNITY:

Parent threatens, “If you don’t get out of bed right now you won’t get to go to the zoo.”

POCKET REFRAME:

“We get to go to the zoo as soon as you get ready!”



HOW THIS CONNECTS YOU WITH YOUR CHILD:

Starting with a positive statement models for your child their choice in the matter but does not lock you into a consequence that could punish the whole family. This reframe gives your child options instead of threats.

3. CHANGE OF PLANS ◀

SCENE:

You planned to go to the park with your child but it is raining outside. Your child whines and cries stating, “This is the worst day because it is raining, we can’t go to the park!”

MISSED OPPORTUNITY:

Parent dismissively says, “We’ll go to the park another time.”

POCKET REFRAME:

Parent says, “Our plans have changed because of the weather but we still have this time to play together.”



HOW THIS CONNECTS YOU WITH YOUR CHILD:

Instead of dismissing your child you show them how to deal with disappointments and unplanned changes in life.

MODELING IS THE FASTEST WAY TO TEACH YOUR CHILDREN.

GIVE THESE POCKET REFRAMES A TRY TODAY TO START ON THE ROAD TO DEEPER CONNECTIONS IN YOUR HOME!

SEE MORE PARENTING TIPS AT [HTTPS://KIDMATTERSCOUNSELING.COM/PARENT-MATTERS-BLOG/](https://KIDMATTERSCOUNSELING.COM/PARENT-MATTERS-BLOG/)

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