



COMMUNICATION AND MESSAGES

WORKSHEET 6.1 in PFS Course Workbook

Adults' messages build children's beliefs about who they are and what they can do in life. Think about the messages the adults in your life gave you about yourself as you were growing up. Write down a few of them. How many of these messages still influence your self-confidence and how you think about yourself? How many were positive? Mark a "+" next to each positive message and a "-" next to each negative message. How do you think these messages were communicated?

Are there certain qualities you would like to see the child develop (competence, care for others, and respect for the environment). Make a list of the qualities you would like to see in the child AND beside each quality list the behavior you would SEE that demonstrates that quality.

When you think of a specific child as he/she is behaving right now, what goals do you have for him/her? Can you translate those goals to specific behaviors?



Think of the positive messages you currently give or would like to communicate to the child each day. List them below and identify the behavior you exhibit that transmits those messages.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Think of the negative messages you currently give to the child each day. List them below and identify the behavior you exhibit that transmits those messages.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What are the greatest challenges you face in working with challenging behavior? Based on what you are learning in this class what are some of the techniques you will use to overcome those challenges?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

List three negative statements you have made to the child and re-state them positively:

1. _____
2. _____
3. _____



Check the methods of encouragement you experienced when you were growing up:

- Participation in your activities
- Physical touch (hug, pat on back)
- Occasional small rewards (treat, sticker)
- Other _____
- Compliments
- Recognition in front of your peers
- Nothing special most of the time

Sometimes it's difficult to be encouraging because:

Think about the child's positive qualities and the efforts he or she has made in the past couple of days. Did the child try to help with a chore, do something nice for a classmate or family member, or try out a new skill? Some positive qualities you might have noticed are: kindness, humor, and helpfulness. Use the lines below to make a list of the child's positive behaviors that reflect those qualities and your responses to them.

Child's Positives	My Response
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____