



## Parent-Child Communication Tracker

*SAMPLE*

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### Child's Common Triggers

- Being told to stop a preferred activity (e.g., turning off the tablet)
- Unexpected transitions (e.g., leaving the playground)
- Feeling misunderstood or corrected too quickly

### Proactive Phrases to Use

- "You can play for 5 more minutes, then we'll clean up."
- "Let's decide together when to stop so it feels fair."

### Reflective Phrases to Practice

- "It looks like you're feeling disappointed."
- "I hear you—you really wanted to keep playing."

### Calming Script

- "You're safe. I'm here. Let's take a breath together."

### Goal for the Week

- Use at least one proactive or reflective phrase per day and track what works.

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## Parent-Child Communication Tracker (5-Day Log)

Day	Trigger	What I Said	My Tone & Body Language	Outcome	What I'll Try Next Time
1 (SAMPLE)	Asked to turn off tablet	"You can play for 5 more minutes, then we'll clean up."	Calm voice, eye-level, hands relaxed	Less resistance, cleaned up without yelling	Add visual timer next time

Day	Trigger	What I Said	My Tone & Body Language	Outcome	What I'll Try Next Time
1					
2					
3					
4					
5					

**Notes:**

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💡 **Want more assistance creating a plan to better communicate with your child?**

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)

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*Warmly,*

*Tom*