



Personalized Communication Plan

Clear, thoughtful communication helps **reduce frustration** and **improve connection** with your child. Use this template to create a **customized communication strategy** tailored to your child's needs.

Child's Common Triggers

(Identify situations that often lead to frustration, meltdowns, or miscommunication.)

- ◆ _____
 - ◆ _____
 - ◆ _____
-

Proactive Phrases to Use

(Reframe directions in a positive way to prevent escalation.)

- ✓ Instead of: **"Stop running!"** → Try: **"Let's walk with calm feet."**
- ✓ Instead of: **"Don't yell!"** → Try: **"Use a quiet voice so I can understand you."**

- ◆ _____
 - ◆ _____
-

Reflective Responses to Practice

(Validate emotions and encourage problem-solving.)

- ✓ **"I hear that you're feeling frustrated because..."**
- ✓ **"That sounds really difficult. I can see why you're upset."**

- ◆ _____
- ◆ _____



Weekly Goal

(Choose one small goal to focus on this week.)

 Example: "I will practice reflective listening twice a day."

 _____

Need Help Strengthening Parent-Child Communication?

Book a **free 30-minute consultation** to get **personalized strategies** for improving communication, emotional regulation, and behavior management.



[Schedule Here](#)

Empower • Educate • Elevate

 **Contact:** TrottaLearningSolutions@gmail.com

 **Website:** TrottaLearningSolutions.com

Small changes in communication create big improvements in connection and emotional regulation. What's one phrase you will start using today? 

Warmly,

Tom

