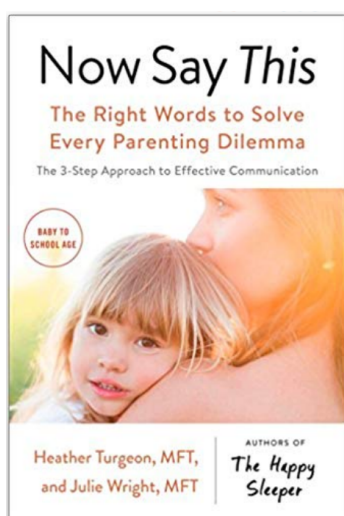


# A-L-P Communication: Setting Limits with Empathy



**Now Say This: The Right Words to Solve Every Parenting Dilemma**

Written by **Heather Turgeon MFT & Julie Wright MFT**

( Penguin / Random House )

[www.thehappysleeper.com](http://www.thehappysleeper.com)

## **(A) -- Attune: Let your child know you understand, or are trying to understand**

Without reprimanding or judgement, use one or more of the following:

- Use feeling words: “I see that made you sad”
- Describe what you see: “Wow, your body is moving all over and you have a lot of energy”
- Get on eye level or put your hand on child’s shoulder
- Gather information: “Tell me more about that”
- Simply say, “I see,” “I hear you,” “I get it,” or similar

## **(L) -- Limit Set: State the limit or reality**

State the limit, family agreement, rule, or reality.

- Stay calm, do not yell
- Give a brief reason
- Hold reasonable limits consistently
- Avoid simply saying, “no”

## **(P) -- Problem Solve: Help your child solve their dilemma or move forward in an acceptable way**

Think together, now what can you do instead?

- Use humor
- Collaborate
- Think creatively
- Distract when necessary (especially with little kids)



I know, it’s hard to turn off the video game. I can see you’re really into it!

It’s time for dinner, so we do have to come to the table. Remember we park our screens and toys while we eat.

I can turn the TV off or you can, either way. And then can you pop in and help me serve the food, like we’re waiters?

**Scenario:** Your family members want to have a big get together and you don’t feel safe about it.

A - I know you miss everyone and I get it. It’s so hard that we’re apart like this. And I could understand if this seems a little strict on our part.

L - For now, we’re not going to have family gatherings, to keep everyone safe.

P - Can we plan an outdoor picnic where we each bring our own food?

**Scenario:** Your toddler is throwing books and screaming

Instead of: No, stop it or you’re going to time out!

Safety Step: I’m going to hold these books to keep you safe for a sec.

A - It’s really hard to stay inside, I know!”

L - It’s not okay to throw books, because it can hurt the books, or someone else.

P - Let’s put on some music and dance a bit until we feel better. Then I’ll help you clean. up.

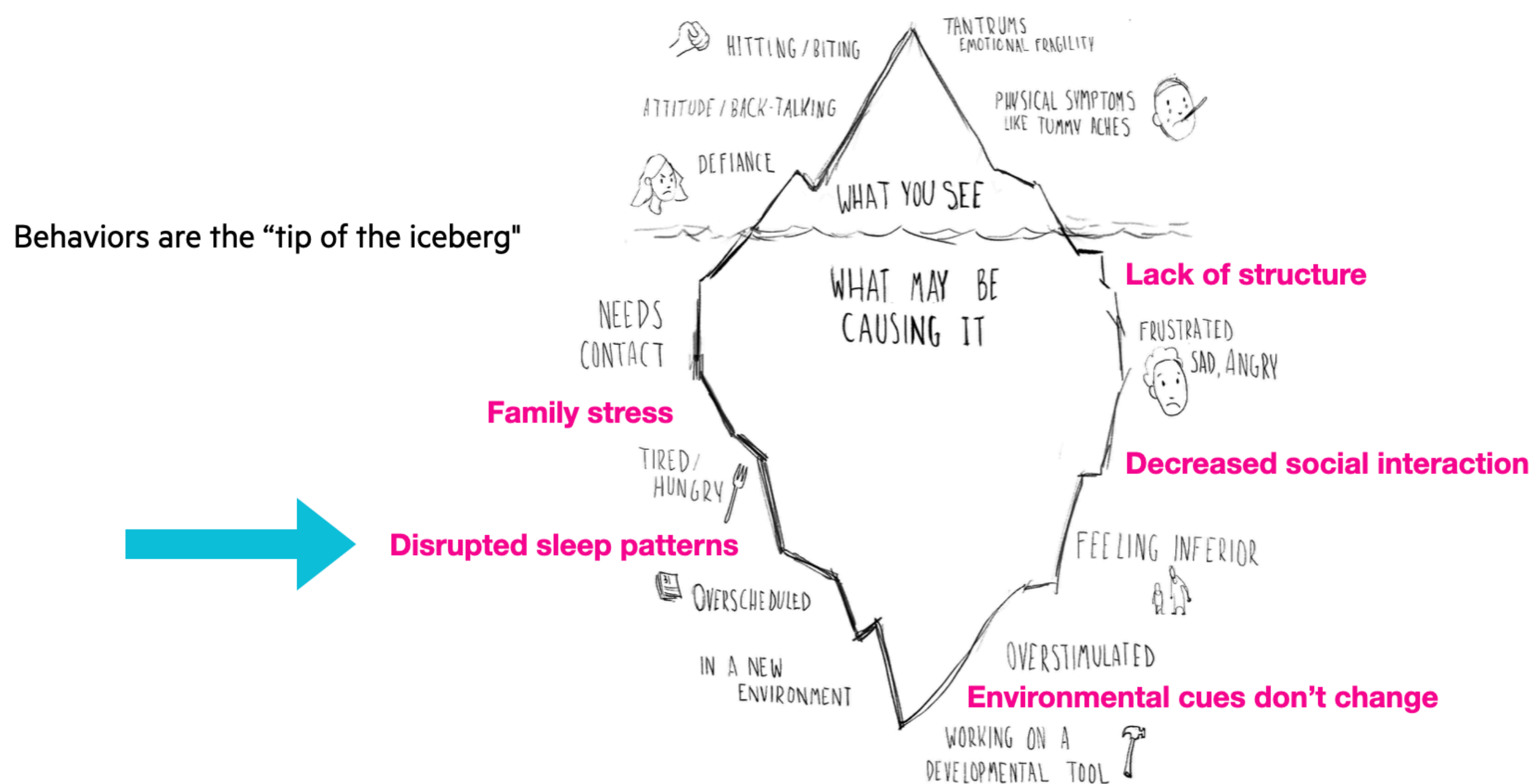
# THE HAPPY SLEEPER

## Sleep Affects:

- Mood
- Self-regulation
- Can look like ADHD
- Immunity
- Ability to learn, consolidate memory

## Sleep Needs:

- Newborns: 16 to 18 hours
- Infants (3 - 11 months): 14 to 15 hours
- Toddlers (1 - 3 years): 12 to 14 hours
- Preschoolers (3 - 5 years): 11 to 13 hours
- School age children (5 - 10 years): 10 to 12 hours
- Teens (10 - 17): 9.25 - 10 hours
- Adults: 7 to 9 hours



## Signs of a Sleep Deprived Child

- Needs to be woken up in the morning
- Hyperactive, inattentive, moody, impulsive, or aggressive
- Falls asleep before scheduled naps if taken on a walk or car ride
- Sleeps in on the weekends or has schedules that vary and move around
- Falls asleep in school
- Becomes clumsy, irritable, easily frustrated

## Sleep Tips (solutions for babies through school age kids in The Happy Sleeper book)

- Children are built to sleep. Sleep is natural. No such thing as "sleep training"
- Handing over the role of self-soothing to your capable child
- Children need 11-12 hours of night time sleep through elementary school
- At 3-4 years old, it's often better to eliminate nap and get all 12 hours at night
- Room environment: dark, cool, simple
- Routine: predictable, but also clear and ends with clean "hand off" of responsibility
- The Sleep Wave approach (The Happy Sleeper)
- Reverse Sleep Wave (The Happy Sleeper)
- Parent Wean (The Happy Sleeper)