Guiding techniques	Did the 'practitioner use this' (tick/comments)		Your practice (comment on how you do/do not use these in your current practice)
	Video 1	**Video 2**	
1. Talk the parent through the consultation			
2. Ask open-ended questions to find out about the parent's needs			
3. Reflect back what the parent has told you to acknowledge their needs and demonstrate you are listening			
4. Offer the parent opportunity to have a choice in any areas of change (e.g. diet and physical activity)			
5. Ask permission to give advice or ask personal questions			
6. Provide meaningful rationale for suggestions (e.g. diet and physical activity)			
7. Offer meaningful and specific praise/feedback			
8. Use summarising statements			
9. Give the parent space to ask questions or request clarification			
Directive techniques			
1. Use jargon, or technical terms that the parent might not understand			
2. Tell the parent they "must" (not) or "should" (not) do something			
3. Use of forceful "if, then" language			