

Communication technique worksheet – answer sheet

This sheet provides a number of example answers to the communication worksheet you have completed.

Technique 2: Asking open-ended questions

Change each closed question into an open-ended question:

Example:

1. Does your child eat healthily?

'What type of foods does your child eat?' or 'tell me about your child's eating habits'

2. Are you here because you want your child to lose weight?

'Why have you come to see me today?'

3. Can you walk your child to nursery?

'How would you feel about walking your child to nursery?'

4. Do you think your child is overweight because he eats too much or because he is inactive?

'Why do you feel your child is overweight?'

Technique 3: reflective listening

Show the parent you're listening by writing a reflective statement to follow each of these examples:

Example:

1. My child's a really fussy eater and won't eat any vegetables and I'm worried he isn't getting the nutrients he needs.

'You're concerned about your child's health as he refuses to eat any of the vegetables that you cook for him.'

2. I can't afford a gym membership so we can't go swimming as a family so we can't be physically active all together

'The cost of activities are preventing you from being active as a family'

3. I really enjoyed the group sessions at children's centres we used to go to, especially meeting and chatting with other mums.

'You enjoy the opportunity to talk with others like you'

4. I'm a single parent so I really struggle to find the time around working and looking after the children to cook meals from scratch.

'Being on your own makes it difficult to fit everything in'

Technique 4: offering choice

Change each statement to ensure you're offering the parent choice

Example:

1. To increase your family's physical activity why don't you go swimming?

'Do you have any ideas for how you could increase your family's physical activity?'

2. Why don't you give your family more salad to eat?

'What do you think you could do to help your family eat more healthily?'

3. Today we're going to talk about what your child eats.

'What would you like to talk about today?' or (if both are an issue) 'As we only have 10 minutes today would you rather talk about diet or physical activity?'

Technique 5: ask permission to give advice

Change the following sentences so you are asking permission to give parents advice

Example

1. I'm going to talk you through what your child should be eating

'Would you mind if I make some recommendations about your child's diet?'

2. We are going to go through your child's BMI now

'Would it be okay if we talk through your child's BMI?'

3. How much exercise do you do as a family at the moment?

'Could I ask how much exercise you currently do as a family?'

Technique 7: Offer meaningful and specific praise/feedback

For each of the examples provide some specific praise:

Example:

1. *Parent:* we managed walk to nursery once this week

'That's fantastic that you made a start on the walking!'

2. *Parent:* I made vegetables with every dinner this week and the kids ate almost all of them
'You've made some excellent progress with increasing your children's vegetable intake this week, well done!'

3. *Parent:* we didn't have any sugary snacks from Monday-Friday
'It's great that you've managed to cut out sugary snacks in the week, I can see that you've worked really hard on this'
