

Communication technique worksheet

Technique 2: Asking open-ended questions

Change each closed question into an open-ended questions:

Example:

1. We need to talk about your child's physical activity levels, is that okay?

How would you feel about discussing your child's physical activity levels with me during your visit today?

2. Are you here because you want your child to lose weight?
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3. Would you like to walk with you chid to nursery once or twice a week?
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4. Can you stop giving your child biscuits as a snack?
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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
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3. I really enjoyed the group sessions at children's centres we used to go to, especially meeting and chatting with other mums.
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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.

Technique 4: offer 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?

Let's think about the activities you can do as a family to increase your physical activity (using the infographic found in the physical activity and sedentary behaviour module for ideas). What activities would you and your family like to do? Or are there any others not here that you would prefer?

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

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

Technique 5: ask permission to give advice

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

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

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

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

Technique 6: provide meaningful rationale for activities and lifestyle changes

Change the following sentences to provide meaningful rationale for lifestyle changes (use the knowledge you have gained through the modules)

Example:

1. It is important for your child to be physically active.

This is because physical activity has a number of health benefits, including improving their bone and muscle development and coordination, as well as reducing the risk of future health problems e.g. diabetes and high blood pressure. Being physically active also helps a child maintain a healthy weight.

2. Your child should be eating lots of fruit and vegetables
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3. It is important to reduce the amount of sugar in a child's diet
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Technique 7: offer specific praise and feedback

For each of the examples provide some specific praise:

1. *Parent:* we managed walk to nursery once this week
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2. *Parent:* I made vegetables with every dinner this week and the kids ate almost all of them
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3. *Parent:* we didn't have any sugary snacks from Monday-Friday
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