A-L-P Communication: Setting Limits with Empathy

Now Say This: The Right Words to Solve Every Parenting Dilemma
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(Penguin / Random House)
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)

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)