

Labels & Communicating with Respect

Pause, Reframe, Change

What labels have people used to describe you in your lifetime?

What would you like people to know about you; what labels do you give yourself?

What labels have you used to describe your child? (list both positive and negative)

What labels have others used to describe your child?

What labels have you heard your child use on themselves?



Looking at this list, how could you change your language with your own inner voice? Where could you PAUSE, REFRAME and CHANGE your thinking?

How could you do the same for your child?

Often, I label my child as and I could reframe it as .

Often, I label my child as and I could reframe it as .

Often, I label my child as and I could reframe it as .

Often, I label my child as and I could reframe it as .

