Coping With Chatter
CHECKLIST

- [ ] Make a set time for talk daily. Sit on comfy seats and connect.
- [ ] Pay attention to what's being said and ask questions.
- [ ] When answering your child, make eye contact or kneel down.
- [ ] Carve out time for yourself so your cup is full and you have energy to give out.
- [ ] Choose one or two "set phrases" to use when you feel overwhelmed and need a minute.
- [ ] Teach your children not to interrupt but to wait their turn to talk.