



Choice



Just a
reminder...

Empathy

EECR APPROACH

If your child is wanting something and you don't want them to have it rather than just saying "no." use the "EECR Approach" Empathetic Statement, Explanation, Choice, Reminder

EXAMPLE – The child asks for more sweets. You have already told them that they can only have one piece a day, because you want them to eat food that is good for them (and sweets are not). They already had their sweet for the day, but come to you asking for more.

Empathetic Statement – *"I understand you want more sweets because it tastes so good." (this helps your child feel understood).*

Explanation – "But it is important for our minds/bodies to eat food that is good for us" (reiterating the rule or explaining the reason)

Choice -"If you are hungry, you can have an apple or yogurt." (making them feel valuable/giving them a sense of control)

Reminder – "You can have a sweet again tomorrow." (reminding them that they will enjoy some sweets again soon). This step would not apply if your child is trying to get to something that they can never have (e.g., something unsafe). If that is the case, still use empathy, explanation, and choice.

If the child is anxious about something social stories are a good way to prepare the child and get them to talk through their worries

It is good to create safe/cosy spaces where children can go to reflect on their behaviour. Do not force a child to say sorry.

