



Low Emotional Responses for Caregivers

“**S**top it!” “Be quiet!” When we pay a lot of attention to mistakes and misbehavior it can actually cause more misbehavior and conflict. **Low Emotional Responses** allow adults to give neutral, private feedback to young people without embarrassment or interruption of an activity.

This tested and proven strategy helps adults give immediate feedback without getting emotional. When we give more attention to the behaviors we do want and less attention to the behaviors we do not want, young people learn there is a greater reward for behaving well.

Low Emotional Responses help young people ...

- Accept feedback with less argument.
- Adjust behavior more quickly.
- Accept constructive criticism publicly or privately.
- Better assess their own progress.
- Seek out guidance when they need it.

When adults use Low Emotional Responses they increase the **Peace, Productivity, Health, and Happiness** for everyone!

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The Recipe

- 1** Pick some non-verbal cues for both positive and negative feedback. This could be a thumbs up, a hand on the shoulder, or some other agreed upon sign. Explain that you will use these cues to provide feedback during activities.
- 2** Talk about expectations for an upcoming activity and how you will use your non-verbal cues.
- 3** During an activity, use your non-verbal cues to remind young people of expectations. Be sure to use more positive cues than negative cues.
- 4** After the activity, talk with your child about how they did. Compliment them for times you noticed they responded to your cues.