

I – STATEMENT

- I feel.....(parents feeling i.e. scared, worried)
- When(the act/behaviour)
- Because.....(the consequence the parents thinks will happen)
- I would like(the action/behaviour the parent would like)

EXAMPLE: USE I STATEMENTS SUCH AS:

"I feel concerned when I see the cuts on your arms because they look sore I would like us to talk about this".

"I feel worried when I don't know how things are because I am concerned that it may lead to something more serious".

"I would like you to know that you can talk to me or someone you trust about how you are feeling".

