

# 3 SHIFTS TO REDUCE FRICTION

*with your child*

## LANGUAGE



Shift your language from **directions** to **explorations**, to encourage self-reflection and empowerment.

**Direction example:**

"You should start your homework earlier."

**Exploration example:**

"What do you think the benefit might be if you finished your work by dinnertime?"

*Investigate and collaborate with your child, instead of directing them to use a strategy.*

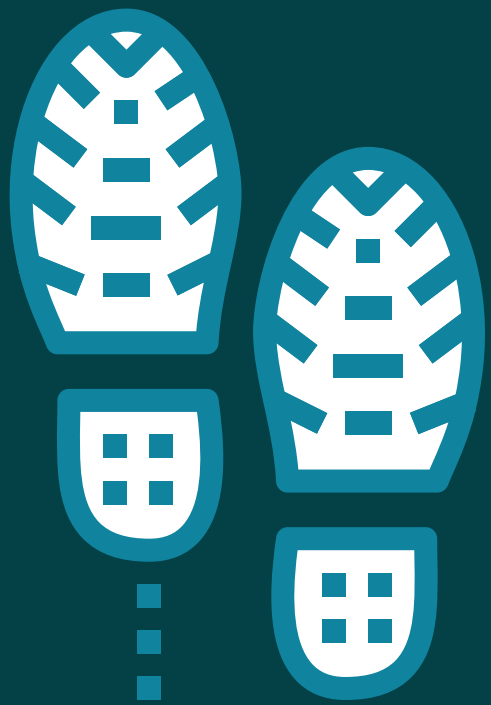
**Direction example:**

"You should put away your phone while you work."

**Collaboration example:**

"Would you like to help me learn how to use a new app I found to keep my focus while I work?"

## APPROACHES



## MEASURING SUCCESS



Success does not have to be all-or-nothing. Don't miss the **small wins** because those add up and build confidence.

**All or nothing example:**

"You passed in your paper late again."

**Small win example:**

"I noticed you used an outline strategy this time. How did that work for you?"