

7 Helpful Tips on Sharing Feedback with Your Child

Big Life Journal

1. PAUSE BEFORE YOU GIVE FEEDBACK

Take a moment
REFLECT on the
NECESSITY
and INTENT
of your words

- Is this feedback productive or is this my opinion/complaint?
- What is my goal with this feedback?
- Is it necessary? What would happen if I didn't give it?



balance
POSITIVE FEEDBACK
WITH NEGATIVE FEEDBACK

give
POSITIVE FEEDBACK
REGULARLY



share
CONSTRUCTIVE
FEEDBACK PRIVATELY



2. FOCUS ON THE HOW

"The breakfast you made was lovely! Perhaps you could put your plates in the sink too. I really enjoyed eating with you, and can't wait to see what you make next!"

3. MAKE SURE YOUR FEEDBACK IS SPECIFIC

"Remember when you thought adding fractions was really difficult? Today I saw you do them with no trouble."

[provide information your child can reflect on]

4. ASK FOR PERMISSION AND GIVE CONTROL

YOU
MIGHT
SAY:

"I have some information that could be helpful. How open are you to hearing it?"

"I would like to give you some advice. It is just information and it is up to you what you would like to do with the information."

ALSO CONSIDER:

- Avoiding the use of "YOU" statements ("Here's what you should do" or "Here's what you need to improve")
- Using "I" statements ("Here's what I would do" or "Here's what worked best for me")
- Asking for their ideas ("What do you think you did well?" or "Have you considered trying it a different way?")



THIS HELPS
YOUR CHILD
PROBLEM-SOLVE
and PLAN FOR
THE FUTURE!

5. SUPPORT GROWTH MINDSET BY FOCUSING ON THE PROCESS

Growth mindset gives a child the ability to reflect on the feedback they receive, and to evaluate what—if anything—can be learned from it.

Praise

and

Celebrate



THE EFFORT and HARD WORK that went into THEIR SUCCESSES



MISTAKES as an OPPORTUNITY to LEARN



6. FOCUS ON ACTIONS RATHER THAN THEIR PERSONALITY

try these 3 steps



1. SITUATION

Note the time and place where a behaviour occurred.



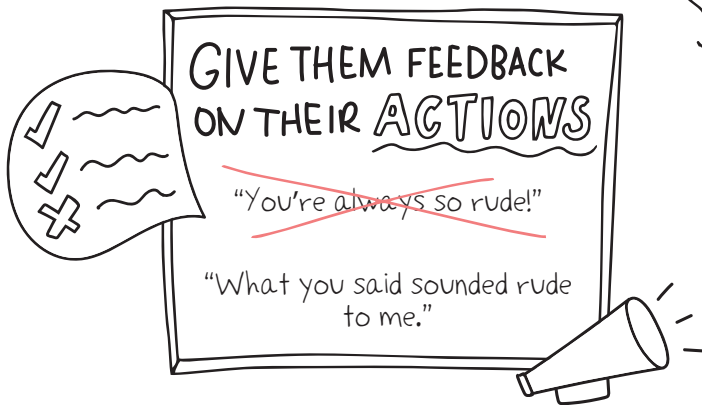
2. BEHAVIOUR

Describe the behaviour (what you saw, heard, observed).



3. IMPACT

Note how the behaviour affected your thoughts, feelings or actions.

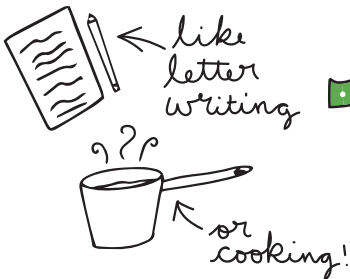


FOR AN OLDER CHILD, IT MAY LOOK LIKE:

"This morning when we were talking about our holiday (#1), you interrupted Jessica while she was talking and said, 'That's stupid,' before she had a chance to finish (#2). This left me feeling disappointed I wasn't able to hear more from her (#3)."

7. MODEL IT!

1. SET UP A TASK your CHILD CAN EVALUATE YOU DOING



2. ACTIVELY SEEK OUT FEEDBACK

"What do you think of this?"

"What could I do better next time?"

3. DISCUSS HOW THE FEEDBACK MADE YOU FEEL



Acknowledge it's difficult to hear harsh things about our own work. At the same time, if people say our work is good when it really isn't, it ruins the opportunity to learn and improve.

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