

Mutually Respectful Tools to Support Connection and Accountability



Share Power – acknowledge that you can't control and you would appreciate their cooperation. Seek opportunities to have children lead and make decisions.



Make agreements and follow through – Brainstorm for respectful solutions. Choose a time deadline. Acknowledge that keeping an agreement is a developing skill. Follow through respectfully.



Acknowledge Emotional States – understand the brain and model problem solving after everyone is calm. Support emotional literacy by naming feelings. Validating feelings helps others feel seen and heard.



Take Time for Training and Learning – Provide clear expectations. Leave notes. Ask for their understanding of the expectations. Practice apology when you might be late fulfilling an agreement.



Use curiosity questions to connect – questions beginning with “what,” “how,” “where and when create connection. Why often creates distance.



Model Mistakes as Opportunities – When our children feel that mistakes are opportunities to learn, reflect and build skills. Often, their lived experience is that mistakes elicit censure or punishment. Being vulnerable about mistakes we make, and apologizing when our mistakes cause relational fracture builds trust.



Practice Deep Listening - when in conversation, listen without interrupting. When your child stops, try “Is there anything else?” to continue sharing the emotional space.



Connection before Correction – coming from a place of caring before we correct builds safety and trust in the relationship. This co-regulated response helps us stay in the present instead of worrying about the future.



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