

# 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

## 2. FOCUS ON THE HOW

give  
POSITIVE FEEDBACK  
REGULARLY

share  
CONSTRUCTIVE  
FEEDBACK PRIVATELY

“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?”

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!



“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.”

# 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 behavior occurred.



## 2. BEHAVIOR

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



## 3. IMPACT

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

**GIVE THEM FEEDBACK ON THEIR ACTIONS**

~~"You're always so rude!"~~

"What you said sounded rude to me."



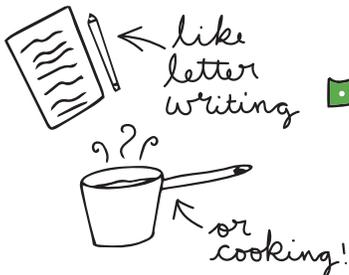
FOR AN OLDER CHILD, IT MAY LOOK LIKE:

"This morning when we were talking about our vacation (#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.