

**Raising Children Compassionately-
Marshall B. Rosenberg, Ph.D.**

Date: 25/09/09

This short presentation of Nonviolent Communication® (NVC) offers an overview of the ideas within the NVC program developed by Marshall Rosenberg, Ph.d. Rosenberg has been teaching this style of communicating with children for over 30 years and has learned from his own experience as a parent that he 'could not *make* his children do anything'. Coercion only creates resistance in children. He states that the idea behind punishment and reward is to get children to do what we, as parents, want. Instead, he suggests that our objective as parents should consider ways of communicating in order for everyone to get what they need, both parents and children. He discusses the importance of respecting our children as people, asking ourselves 'what do we want our children's reasons to be for acting as we would like them to act?'.

The primary text of the book includes excellent examples of how this style of communication can enhance our connections with our children and create a more loving style of interaction. The best resource is found on the last few pages where the NVC process is outlined in detail. In short, we can communicate by using: observations, feelings, needs, and requests; as opposed to coercion, punishment and rewards. This style of talking with our children is not about allowing them to do what they want, rather NVC is about trust and respecting our children in order for everyone's needs to be met. I recommend this small resource for all parents, and particularly those parents who find themselves lost in the 'battle' of parenting and need a new tool to create a new outcome in the interaction with their children.