

Contents

Charts and Activities	xi
Preface	1
Acknowledgements	3
Foreword	5
Introduction	7
Part I. The Foundation for Respect & Co-operation	13
Chapter 1. Respect & Co-operation: What Parents Want and How to Get It	15
Chapter 2. Self-Respect: Parents Have Needs Too	27
Chapter 3. What Takes the Co- Out of Co-operation?	37
Part II. The 7 Keys to Co-operation	45
Key 1. Parent with Purpose	47
Key 2. See the Needs Behind Every Action	61
Key 3. Create Safety, Trust, & Belonging	73
Key 4. Inspire Giving	85
Key 5. Use a Language of Respect	93
Key 6. Learn Together As You Go	113
Key 7. Make Your Home a No-Fault Zone	121
Part III. Family Activities & Stories from the No-Fault Zone	131
Activities List	132
Topic: Giraffe & Jackal Culture	133
Topic: Family Meetings	136
Topic: Life-Enriching Practices	152
Topic: Peaceful Conflict Resolution	174
Topic: Giraffe & Jackal Play	181
Stories from the No-Fault Zone	203

References	219
Parenting Resources	221
Recommended Reading	223
Index	225
How You Can Use the NVC Process	231
Some Basic Feelings and Needs We All Have	232
About PuddleDancer Press	233
About CNVC and NVC	234
Trade Books from PuddleDancer Press	235
Trade Booklets from PuddleDancer Press	239
About the Authors	240

Charts & Activities

Charts

Communication Flow Chart	96	Needs List	101
Giraffe Expressing	98	Feelings List	102
Giraffe Listening	99	Giraffe Self-Empathy	108

Family Activities

Topic: Giraffe & Jackal Culture

Introduction to Giraffe Language & Jackal Language	133	Giraffe & Jackal Language Chart	135
---	-----	------------------------------------	-----

Topic: Family Meetings

Co-Create Agreements	136	Needs Treasure Chest	145
Create a Mission Statement	137	Fortune Cookies	146
Family Empathy Check-In	138	Feelings Books	148
Is That an Observation?	140	Feelings Leaves	149
Needs List	143	Chain of Gift Giving	151
Needs Mandala	144		

Topic: Life-Enriching Practices

Give Gratitude	152	Note of Appreciation Chart	162
D-Stress	153	Giraffe Journal	163
Re-Charge	154	Translate Judgments	165
Take <i>Time In</i>	155	Transform Anger	167
Assess Your Needs (for Parents)	157	Anger Thermometer	169
Assess Your Needs (for Kids)	159	Anger Thermometer Chart	170
Giraffe Notes of Appreciation	161	Daily Reminders	172

Topic: Peaceful Conflict Resolution

Pause It!	175	Resolve Your Own Conflict	177
Take 2	176	Giraffe Mediation	179

Topic: Giraffe & Jackal Play

Giraffe & Jackal Ears	181	Feelings & Needs Cards	185
-----------------------	-----	------------------------	-----