



## HIGH 5 COMMUNICATION RESOURCES

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SPEECH & LANGUAGE THERAPY • INFANT + TODDLER ENRICHMENT CLASSES • FEEDING THERAPY

**I feel frustrated when you**  
(or “It bugs me when you”)



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(describe their actions)

**and I need you to...**  
(or “I wish you would”)



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(state what you WANT them to do to resolve the uncomfortable feelings)

Acceptable and respectful responses:

"I'm sorry" "I didn't know" "I'll stop" "Ok I will" "Yes, Mom"