

Building Effective Relationships:

Core Skills for Compassionate Caregivers

COMPASSION

Confirm the parent's emotional response in a nonjudgmental way

Provide reassurance that things will get better

Discuss how as a team, they may address the parent's concerns

Provide acknowledgment and make supportive comments

Demonstrate an understanding of what it is like for the parent by offering supportive comments

Offer actions you will take to alleviate the parent's distress