

COMMUNICATION

TIPS FOR EFFECTIVE COMMUNICATION WITH YOUR CHILD

Parents should:

- Be available when your child needs to talk.
- Find time each week for one to one activity with your child.
- Learn about your child's interest
- Initiate conversations with your child
- When your child is talking about his/her concerns stop whatever you're doing and listen
- Express interest in what they are saying without being intrusive
- Listen to their point of view, although it may be difficult to hear
- Let them finish what they are saying before you respond



Respond in a way your child will hear:

- Soften strong reactions, children will tune you out if you appear angry or defensive.
- Express your opinion without putting your child down. Acknowledge that its ok to disagree
- Resist arguing about who is right
- Focus on your child's feelings rather than your own
- Kids learn by imitating. Most often they will follow your lead in how they deal with anger, solve problems and work through difficult feelings
- Talk to your child, do not lecture, criticize, threaten or say hurtful things
- Use positive methods to discipline your child. Avoid yelling at him or her or using physical punishment. Through your example, your child will see that force is not the best or only choice.

For more information on communicating with your child:

<https://www.apa.org/helpcenter/communication-parents.aspx>

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/teen15-17.pdf>

