



COMMUNICATING EFFECTIVELY WITH YOUR CHILD

| Use "I" statements | |
|--|--|
| Avoid: | Use: |
| <ul style="list-style-type: none"> You never do your homework without me yelling at you! You are so self-absorbed! | <ul style="list-style-type: none"> I am concerned that I am yelling at you to do your work. I would like for you to do your work independently without force. It is hurtful when I feel my efforts for you are completely ignored. I wish that you could see my perspective along with yours." |
| Be Aware of Non-Verbal Communication | |
| Avoid: | Use: |
| <ul style="list-style-type: none"> Turning/walking away while talking Eye rolls, huffs, sarcastic facial expressions Answering calls/using computer while talking | <ul style="list-style-type: none"> Direct eye contact Undivided attention Attend to what they are saying |
| Ask Questions vs. Making Accusations | |
| <i>Ex. You know child lied to you about going to the movies instead of the party last night.</i> | |
| Accuse: | Ask: |
| <ul style="list-style-type: none"> You lied to me and went to the party instead of the movies. | <ul style="list-style-type: none"> I know that you were at the party and not at the movies. Can you explain what happened? |
| Set-Up Interactions for Honesty | |
| <i>Ex. You discovered your child lied to you last night.</i> | |
| Leads to Deception: | Leads to Honesty: |
| <ul style="list-style-type: none"> Were you at the movies last night? | <ul style="list-style-type: none"> I know that you were at the party and not at the movies. Can you explain what happened? |



Listen openly with empathy first rather than reaction/ judgment.

Ex.: Child shares a hurtful challenge that occurred with their friend.

| | |
|---|---|
| Reactionary/Judgmental: <ul style="list-style-type: none"> Well, what did you do to make them leave you out of the group? I am sure if you treat them like you do us at home, that they won't want you around. | Supportive: <ul style="list-style-type: none"> That sounds really sad and hurtful that they excluded you at lunch today. Any ideas of what lead up to this situation? |
|---|---|

Express Clear Expectations vs. Assumptions

| | |
|--|--|
| Assumptions: <i>Parent:</i> You know you are supposed to come right home and you didn't. <i>Child:</i> You never said that to me. | Clear Expectations: I expect you to come home right after practice to do your homework. Do we agree? |
|--|--|

Ask Open Ended Questions

| | |
|---|--|
| Closed Questions: <ul style="list-style-type: none"> Did you have a good day? Are you getting along with your friends? | Open Questions: <ul style="list-style-type: none"> What were the highlights of the day? How are you and your friends handling the conflict that happened? |
|---|--|