

Where
Kids
Shine!!

► Communication—Consist of Listening and Talking

Learning the art of really talking and listening to children is one of the most powerful ways parents can show their love. Communicating can be difficult at times so you might want to try the following ideas:

- Tell your child that you love them as much as possible, your love is the foundation of their self-esteem
- Look for new ways to say, “I love you” like “You are important to me, you brighten my day, etc....,
- Listen to their behavior, most of the time it is telling you something
- Give your child the same undivided attention you would give your boss or co-worker
- Use conversations with your child to teach them how to express their emotions, like in our family it is okay to say you are angry, but it is not okay to call them “dweeb” .
- Do not give advice, try to let your child do most of the talking and you ask questions.
- Use active listening – reflect back what they are saying (if you can not listen at the moment that your child is trying to speak to you, then explain why and then tell them when you can listen intently.)
- Spend time individual time with each of your children
- Plan to eat at least one meal together as a family
- If family time together is a problem, schedule it!
- Allow a few minutes at bedtime for a quiet conversation
- Turn commuting into a conversation time
- Take a tip from the businesses and use the 80/20 rule - evaluate how you spend your time

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