

Parent/Child Communication

The purpose of this brochure is to provide some key points and ideas on how to improve communication with your child.

Why Communication Matters

Communication is a skill that will last for life, and communication is also how relationships are built. Communication with your child will help shape their comfort in voicing harder topics as they age.

Communication Fun Facts

- Words are only a small part of the message.
- You cannot, not communicate.
- Active listening brings you to the present moment.
- It's not what you say, it's how you say it.
- Being authentic is not being selfish.
- What you're feeling is your invisible message.

Resources:

<https://www.understood.org/en/articles/10-ways-to-improve-your-middle-schoolers-communication-skills>

<https://mixonian.com/2022/03/03/101-things-you-really-need-to-know-about-communication/>

Google Images



Etiquette

Teaching Middle Schoolers
Communication Skills



EDUCATION POSSIBLE
Discover • Create • Learn



Parent/Child
Communication
Strategies!



Ten Tips for Healthy Communication

1. Keep the Conversations going with your child!
 - Helps to build comfort in speaking and voicing insights, this will take practice.
2. Recount the day!
 - Explore what went on during the day by asking what was good about their day, what they liked/learned during the day, etc.
 - Will help with sequencing information and being able to hold a conversation in a logical order.
3. Model good listening skills!
 - Be sure to give your child your full attention when they are talking to show that what they are saying is important.

4. Have practice conversations!
 - Middle school is full of new activities/events. Help prepare them for the unknowns.
5. Point out body language!
 - If someone is smiling and laughing point out this person is feeling happy.
 - If someone is slouched with their arms crossed, point out that this person may be annoyed/angry.
6. Read together!
 - This can help build decision-making skills and increase independent thinking habits.
7. Enjoy movies and shows together!
 - Recap your child's favorite highlights and what they enjoyed increasing your connection.

“Effective communication is 20% what you know and 80% how you feel about what you know.”

- Jim Rohn

“Children are our second chance to have a great parent-child relationship”

- Laura Schlessinger

8. Play word games!
 - Scrabble, Pictionary, etc.; helps with creativity, thought processing, and learning which words your child already knows as descriptors.
9. Ask for your child's opinion!
 - Encourage the use of I statements and feeling words; ask for opinions on daily decisions in the home.
10. Encourage journaling/blogging!
 - This can help provide a low-stress way for feelings to be expressed without consequence.

Listening
Communication Skills

Master Effective Body Language Well
Non-verbal Business Cross Good Message Active Empathic Cultural Listen

