



Positive Communication Tips for Parents

At West Bloomfield Preschool Academy, we believe that fostering a positive and supportive environment at home is just as important as the one your child experiences at school. One way to build your child's emotional intelligence and behavior is by shifting from phrases that focus on prohibitions to those that encourage open communication and positive reinforcement.

Limiting Common Phrases:

It's easy to fall into the habit of using phrases like:

- *"No, no thank you"*
- *"Why?"*
- *"Don't do that"*
- *"That's not nice"*

While these phrases may feel natural in the moment, they don't always guide your child toward understanding their feelings or the impact of their actions.

Instead, try using these approaches to model your feelings and encourage emotional growth:

Model Your Feelings:

- *"I'm worried that..."* – This helps children understand that emotions are normal and gives them insight into your feelings.
- *"I'm sad when..."* – This teaches children that their actions can affect others and helps them empathize.
- *"I'm happy that you..."* – Positive reinforcement boosts your child's self-esteem and highlights their good behavior.
- *"I'm proud of you for..."* – This reinforces the behavior you want to see and builds a stronger parent-child connection.

Positive Reinforcement:

Make sure to celebrate your child's efforts, even when they seem small. Recognizing their positive actions helps them develop confidence and motivates them to continue making good choices.

Why It Matters:

By using language that expresses your feelings and highlights their positive actions, you create a nurturing environment that promotes emotional intelligence, empathy, and self-awareness in your child. This approach encourages better communication, a stronger relationship, and a deeper understanding of emotions.

Remember: Every positive interaction reinforces a lifetime of good habits and emotional growth.

Together, we can help your child flourish both at school and at home