



Essential Communication Strategies

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Most parents already practice good communication skills with their children. Try out any of the following ideas to promote even *more* positive interactions with your family:

Practice active listening skills

- Put down your phone.
- Turn off the TV.
- Put aside your “to do” list.
- Take a few deep breaths.
- Turn off any worries or stressful thoughts.
- Turn your body toward him.
- Look her in the eye.
- Smile.
- Ask her to tell you more.
- Ask a few questions about what he just said.
- Practice.

Find ways to express your love

- Ask if you can play a game with him.
- Listen to her.
- Ask her opinion about something that matters.
- Sit down and watch TV together.
- Text him.
- Ask about their day.
- Give her a hug.
- Notice something positive she did.
- Ask him to do something with you.
- Use your time and attention to show your love.
- Say “I love you.”

Notice the positives

- Say “thank you” when he does as you ask.
- Compliment some small skill she demonstrates.
- Notice when he doesn't do that thing you hate.
- Tell her exactly what you appreciate about a specific behavior.
- Notice when he is being quiet as you asked.
- Say positive words to her more often than criticism or negative words.

Support your child through setbacks

- Use mistakes as learning opportunities.
- Provide comfort and guidance.
- Reassure him that together you can get through this setback.
- Offer your help.
- Help him consider other perspectives.
- Try not to judge.
- Express your confidence that she can manage this difficulty.