

Parenting Tips
from the
Community Parenting Service
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Opening times : 12 – 4 pm Monday to Friday

Communicating with your children

Communication is the most important component in the development of a satisfying relationship with our children. How often do we 'listen' to our children but not actually 'hear' what they are saying? Listed below are a few ideas that may make our communication with our children a more positive process.

- Listen to your child and indicate you can hear your child's feelings and meanings.
- Establish eye contact and posture that indicates that you are listening to your child.
- Avoid nagging, criticising, lecturing, probing and ridiculing.
- Respect your child's feelings and develop mutual respect.
- When your child comes to you with a problem. Resist your impulse to provide solutions, allow your child to learn and develop their own solutions.
- Treat your children the way you treat your best friend – give them the same level of respect and consideration.

Children who feel that they have been heard will be more co-operative

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.