

Parenting Tips
from
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Opening times : Monday to Friday 12 PM to 4 PM

Talking with kids

Talking with our children comes naturally and we don't often give it a great deal of thought. It's something that we just do, like preparing breakfast or making lunches. However, the quality of our communication does make a difference. Good communication helps children shape positive attitudes about themselves, allows parents a window into their children's thinking and promotes good relationships.

Bright Ideas

- Meals are great social occasions – they provide a great opportunity for families to get together and talk. Talk about each other's day – the highlights and low lights. Share your own day with your children.
- Talk with children on their turf. Many children will open up in the privacy of their own bedroom, particularly when they are relaxed and feel secure.
- If you have a 'conversational clam' in your family try talking over a snack, or while doing an activity. Boys, in particular, tend to open up more while their hands are busy. Relax, go for a walk and watch how their tongues loosen up.
- Respect children's boundaries. There are times when a good listener will know when to keep quiet. Children will often divulge information when they are ready.
- If 'nah' or 'yep' are the only responses you get from your children consider asking questions that begin with What, Where, How or Why. Ask interesting questions that will spark more than a one-word response.

Talking turn-offs

- Lecturing children: 'When I was young...
- Shouting: Using a quiet voice is a more effective way to get a point across than a raised voice.
- Put-downs: They lower children's self-confidence and they turn children off listening to you.

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.