

How to Communicate With Your Child



§ Counseling Department

§ Paramount High School, West
Campus

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Listening and Talking to Your Child

- § Listen carefully
- § Ask for clarification
- § Speak with respect
- § Give choice when available
- § Be careful when you are angry
- § Be aware of your tone of voice and body language- stay calm!
- § Shows that you are listening

Reflective Listening

- § Clarifies misunderstandings
- § Helps child to identify feelings and appropriately deal with them
- § Helps you and child resolve problems
- § “Are you disappointed because I couldn’t go to your game?”
- § “Do you feel frustrated that you are having a difficult time in algebra?”
- § “Do you feel jealous that your friends have more money than we do?”

Importance of “I messages”

- § Simply tell how you feel about your child’s behavior
- § State how and why their behavior affects you and what you need done
- § Be careful not to label or blame your child for how you feel
- § Teach your child to take responsibility for their own feelings

Encourage your child by...

- § Focusing on your child's efforts
- § Having faith in your child
- § Appreciating your child as a person
- § Recognizing their talents and qualities
- § “wow, I’m really impressed with how hard you’re studying for your test”
- § “You did your best, and that’s what matters”
- § “You’re such a good wrestler, I love going to your matches”

Parenting Styles

§ Authoritarian

§ Democratic

§ Permissive

Authoritarian

- § Parent is inflexible, strict, repressive, dominant
- § Child is dependent, fearful, isolated, and often is sad and depressed
- § Home environment is tense, rigid, and military
- § Discipline tools used are yelling, bribery, threats, and many orders
- § Quality of parent/child relationship is resentful, distant, and tearful

Democratic

- § Parent is the leader/guide
- § Parent is seen as understanding, motivating, and respectful
- § Child is disciplined, consistent, and responsible
- § Home environment is relaxed, orderly, and consistent
- § Discipline tools are incentives, negotiation, conflict resolution, consequences, healthy limits, and discussions
- § Quality of relationship is open and sharing

Permissive

§ Parent is seen as servant of child, fearful, inconsistent, indecisive, weak, and passive

§ Child is demanding, inconsiderate, uncontrollable and arrogant

§ Home environment is chaotic, uncontrollable, and disorderly

§ Discipline tools used are begging, wishing, waiting, and then giving-up

§ Quality of relationship is manipulative and resentful

When implementing consequences...

- § Follow-through!
- § Be firm yet kind
- § Don't give-in or fight
- § Use respectful words
- § Stay calm