

# Positive Parenting

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## TALK, TALK, TALK

Effective communication involves both talking and listening. Communication begins at birth. However, even after children learn to talk, parents and children find it difficult to talk to each other.

### What Parents Can Do

- Say ***I love you*** more often.
- Give your child your full attention.
- Your child may use behaviour instead of words to indicate that he or she is upset.
- Try and spend some time alone with each child. Do an activity that your child enjoys – not watching TV.
- Limit TV, video games and computer time.
- Allow your child the right to express his or her feelings. Give them the words to help state their emotions.
- Both child and parent may feel that they are not being heard. A child may feel that their parents only talk and don't listen.
- Be sure that your body language, facial expression and tone of voice are inviting.
- Avoid sarcasm and put downs.
- Let your child know if it's not a good time to talk. Set time aside to sit down together.
- Talking can help decrease bad feelings but never pressure a child to talk.
- Allow extra time at bedtime to talk about your child's day.
- Plan to eat one meal together as a family.
- Laugh, joke and be silly together.