

# Communicating with Your Child

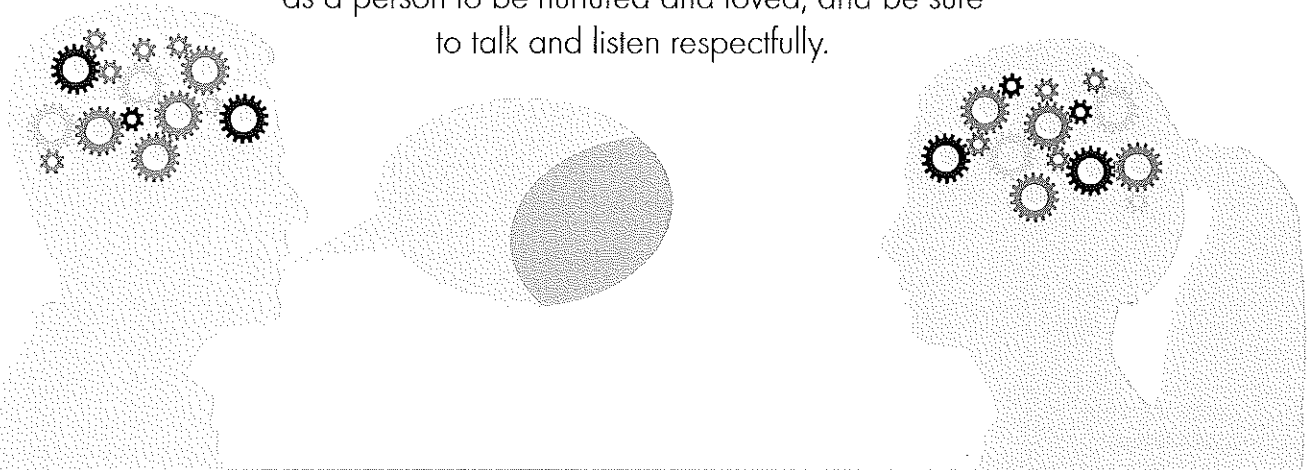
As a parent, it can be easy to talk to your child – giving instructions, teaching them right from wrong, setting boundaries. It's important, however, to make sure that you also take time to listen.

When you listen to your child, you'll get to know him. You'll learn about his friends, his favorite activities and what makes him happy or sad.

When you listen, you'll begin to understand how your child sees you, and whether she trusts you in your role as Mom or Dad.

Good communication helps you and your child build a close bond.

While you're parenting, be sure to see your child as a person to be nurtured and loved, and be sure to talk and listen respectfully.



## Communicate Well Today

- Consider explaining your decision to your child the next time you tell him no; then listen to his perspective about the situation, without changing your mind. Doing so may help both of you better understand each other.
- Take time every night, even with your older child, to sit at her bedside and ask about the best and worst things that happened during her day.
- Take your children seriously when they share fears, concerns or embarrassing moments with you. It doesn't mean you have to fix the situation; just listen, and let them know you are there if they want advice or suggestions.

