

# Kidwise

## How to Communicate with Kids

### 1 Listen:

Pay attention, don't interrupt.  
Reserve judgment until the child asks for a response.

### 2 Look:

Be aware of body language.  
Look the child in the eye. Bend down and become his size.

### 3 Respond:

Use a courteous tone.  
Touch the child before you talk. Try not to lecture.

Thanks for listening, Dad...

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**Prevent Child Abuse, Virginia**

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## How to use Kidwise: September

Any way you like! You may cut out the columns and use any of the three formats. You may also want to cut out individual elements from one of the formats and make your own layout.

Share your extra columns with others who might use them in their newsletters!

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Hey, Dad! Can we talk?

## "You never listen to me!"

This complaint is heard as often from children as it is from parents. Teaching a child to communicate helps him to develop confidence, feelings of self-worth and skill in relating to others.

You can teach a child to listen by gently touching the child before you talk. If you speak in a quiet voice or whisper, the child will learn to focus on what you are saying. If you look the child in the eye and bend down to become her size, she will understand that you have focused all of your attention on her.

Experts suggest using "door openers" to invite children to say more...statements like, "I see," "Tell me more," "No kidding," and "Say that again, I want to be sure I understand you." Remember that praise builds confidence. Catch your children being good—for doing the little things that are so easy to take for granted.

## Words of Praise for Kids

Way to go. Super. Awesome. Outstanding. Good try. Looking good. Nice work. Well done. You're fantastic. Great discovery. What an imagination. You are a great listener. You are fun. Great sharing. I trust you. You're important to me. You brighten my day. You make me laugh. You're a real trouper. You look beautiful. **I love you.**

For more information, call  
**Prevent Child Abuse, Virginia**

Virginians for Child Abuse Prevention  
(800) CHILDREN 7  
800-244-5373

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Listen, look, & respond when you talk with kids.

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