



Salvați Copiii

Save the Children Romania
Filiala Timișoara

GRUNDTVIG PARTNERSHIP 2013-2015

**„ENGAGING DISADVANTAGED PARENTS TO
ACQUIRE PARENTING SKILLS ”**

EDPAPS

GRU – 13 – P – LP – 185 – TM – RO

10 steps to improve communication with your child



Lifelong
Learning
Programme

10 steps to improve communication with your child

1. Offer your full attention to the child when you talk: keep eye contact to show you are listening, leave other activities aside and stay next to the child to show that you care and that he/she is important for you.
2. Listen to everything your child has to say, listen to his/her point of view without interruption.
3. Involve them in discussing the different situations that arise in the family and encourage them to express their opinion. In this way they learn how to express and sustain their point of view and also how to negotiate.
4. Avoid discussing or taking decisions when you are angry. In these situations it is better to calm down and only after that discuss again with your child, so that you can be objective.
5. Leave aside the superiority attitude when addressing your child; try to lead the discussions so that the child sees another point of view of the topic.
6. Avoid labelling your child. Refer to what bothers you about his/her behaviour. It is important for him/her to know that no matter what he/she did you love and accept him/her.
7. Show the child that you appreciate the fact that he/she is open and he/she shares his/her thoughts with you.
8. Show the child you are always available whenever he/she needs to talk to you.
9. Be open and honest when talking to your child.
10. Ask the child what he/she needs: only to listen to him/her, to help him/her with advice or to handle certain emotions, to solve a problem.