



# Salvați Copiii

Save the Children Romania

Filiala Timișoara

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

**EDPAPS**

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*Parent – Child Communication*



## Parent – Child Communication



The biggest responsibility of a parent towards his child is to communicate with him. We all know how to talk with our children, but how to communicate with them is an art. Therefore, we need patience, understanding, empathy and more active listening.



Basic principles of parent-child communication:

1. *Give your child 100% attention!* (Living in the XXI century is a challenge in which free time is precious and very rare to get, however it is of maximum importance that parents put their child in first place. Every time the child wants to communicate, it is recommended to offer him all the attention he needs, therefore activities like watching TV or talking on the phone during the parent- child communication are sure ways of decreasing the quality of the relationship. Do not forget to smile, to wink your eye and make eye contact with the child!).

2. *Be sure you are heard!* More and more often parents tend to stick only to verbal requests, and forget to use mimics and gestures when sending verbal information.

Don't forget to use hand gestures when you want your child to come to you, or show him how to brush his teeth correctly. Repetition is an important part of the parent's requirement, because it emphasizes its importance, and also helps the child understand

3. *Provide clear, concise and calm instructions!* (In order to feel effective as a parent, choose the right time to ask your child for something, appropriate words and energy. Being

calm, using few and concise words, expecting the child to offer you his full attention are sure steps for making „John sit at the table”).



4. *Avoid giving requirements as questions!* (Instructions are provided to be followed or to provide information. Do not address a requirement as a question especially if that situation does not accept a "No" answer.

For example: "Would you write your name here?" You can say "Write your name here, please". Clear sentences provide children with the necessary information to perform the requested task. The verbal language accompanied by body language can help the child fulfill a task faster, for example: „come here!" accompanied by a gesture instead of asking "will you come here?")

5. *Avoid blaming!* Apply concrete and neutral rules! (Blamings don't make sense for them and do not produce changes in their behavior. Instead of saying "How often do I need to tell you not to go in the street?" we can say "the rule is: when walking, we have to use the sidewalk").

6. *No threatening!* (Threats are a negative way of announcing consequences and negative reactions can frequently occur. We can say "First you have to look for the money and then we will go to the store" instead of "If you do not look for the money we won't go to the store." or

"keep quiet and then you can have your break "instead of" If you do not shut up, you will not have your break ".)

