

EFFECTIVE PARENT-CHILD COMMUNICATION: STEM SENTENCES ACTIVITY



*Please complete the following sentences with the first thought that comes to mind.*

1. One thing I love about being a parent is \_\_\_\_\_  
\_\_\_\_\_
2. I hope my child/children \_\_\_\_\_  
\_\_\_\_\_
3. One thing that frustrates me about being a parent is \_\_\_\_\_  
\_\_\_\_\_
4. When I disagree with my child/children, I \_\_\_\_\_  
\_\_\_\_\_
5. When my child/children get really angry, I \_\_\_\_\_  
\_\_\_\_\_
6. One of my most important rules about parenting is \_\_\_\_\_  
\_\_\_\_\_
7. As a parent I'm learning to \_\_\_\_\_  
\_\_\_\_\_
8. One way I've tried to parent differently than my parents is \_\_\_\_\_  
\_\_\_\_\_
9. Being a parent is \_\_\_\_\_  
\_\_\_\_\_
10. One thing we do in my family to communicate better is \_\_\_\_\_  
\_\_\_\_\_
11. My child/children would describe me as \_\_\_\_\_  
\_\_\_\_\_
12. I really feel close to my child/children when \_\_\_\_\_  
\_\_\_\_\_
13. I'm proud of my child/children when \_\_\_\_\_  
\_\_\_\_\_
14. Parents should always \_\_\_\_\_  
\_\_\_\_\_
15. Parents should never \_\_\_\_\_  
\_\_\_\_\_

**DEFINITIONS OF ROAD-BLOCKS TO EFFECTIVE COMMUNICATION**



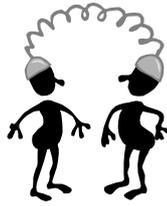
<b>VERBAL</b>		<b>EXAMPLES</b>
<b>1. JUDGING</b>	Making a judgment	You should... You ought to...
<b>2. REJECTING</b>	Giving no support	It's your problem, not mine.
<b>3. BLAMING/CRITICISING</b>	Placing fault on the other person Guilt	It's your fault.
<b>4. LABELING</b>	Name-calling Using words that are negative	Only a dummy would do it that way. Don't be stupid.
<b>5. TRANSFERRING</b>	Not listening and imposing one's own problems	Let me tell you what happened to me...
<b>6. ORDERING</b>	Commanding with no choices	I said do it now! Go to your room!
<b>7. THREATENING/BRIBING</b>	Using threats/bribes to manipulate behaviour	If you don't do what I want...  If you do as I say, then you may...
<b>8. WAFFLING</b>	No clarity/consistency in setting limits	Well, maybe... We'll see... I'll think about it...
<b>9. NAGGING</b>	Persistently repeating orders or requests	I've told you a thousand times... How many times do I have to ask you to...?
<b>NON-VERBAL</b>		<b>EXAMPLES</b>
<b>10. ACTING</b>		Crossing arms, not looking at speaker, walking away, tapping feet, pointing/shaking finger in face, hitting, kicking...

**DEFINITIONS OF BUILDING-BLOCKS TO EFFECTIVE COMMUNICATION**



<b>VERBAL</b>		<b>EXAMPLES</b>
<b>1. LISTENING</b>	Focusing on the present; not rehashing past problems/mistakes; creating safety to express anything	It seems as though right now you need me to just listen to you...
<b>2. PRAISING</b>	Giving earned rewards frequently; recognizing efforts rather than products or end-results	You really worked long and hard on the project...
<b>3. FEELING</b>	Sharing feelings such as anger; joy and frustration; using "I" statements	I feel... I feel really angry when you.... I love you...
<b>4. RESPECTING</b>	Letting others make decisions; avoiding judging and advising; encouraging own decision-making	It's your choice... What can I do to help you?
<b>5. TRUSTING</b>	Being consistent; asking for input and understanding that children need to learn in their own way even if they make mistakes	I know you will be thoughtful and responsible...
<b>6. AFFIRMING</b>	Finding the positive to express	You are so competent... You make me happy when you... I am so proud of you when...
<b>7. REFLECTIVE LISTENING</b>	Reflecting what another says; paraphrasing a person's words so he/she knows that they have been heard; identifying the feeling as well as the content and asking the person to confirm it	You sound angry about your friend's response, is that so? It sounds like you were very frustrated by the class change, is that really how you feel? Can you tell me more about how you are feeling... Help me to understand how you are feeling...
<b>8. CLARIFYING</b>	Asking for more information when unsure	Can you tell me more about your fight with your friend? What else happened?
<b>NON-VERBAL</b>		<b>EXAMPLES</b>
<b>10. ACTING</b>	Finding physical ways to show care, concern, and attention	Making eye-contact; touching when appropriate; hugging; staying near the person

## ACTIVE STEPS TOWARDS LISTENING



STEPS	RESPONSES
<b>ENCOURAGING</b> Sound open and positive <b>before</b> you make a decision	"Tell me more..." "That sounds wonderful..."
<b>FACT FINDING</b> Gather more information to make a decision or state your ideas. Who, what, where, when, why, how?	"I'd like to know more about..." "Can you tell me more..." "Is there anything I should know about..."
<b>RESTATING</b> Understand the facts; be clear about what the other person is asking or communicating	"What you are actually asking me is..." "In other words you would like to..." "If I understand correctly then you mean to say that..."
<b>REFLECTING</b> Identify your feelings <b>and</b> the feelings of the other person	"You are feeling that..." "I can see that you are thinking/feeling that..."
<b>SUMMARISING</b> Clearly clarify the decision or agreement taken	"This is my decision..." "This is what we agreed upon...is that right?"

## ADDITIONAL STEPPING STONES TOWARDS EFFECTIVE COMMUNICATION...

- 👂 Pay attention.
- 👂 Focus on facts and feelings.
- 👂 Listen only – don't advise or judge.
- 👂 Be attentive by:
  - Maintaining eye contact
  - Leaning forward
  - Concentrating
  - Nodding your head
  - Not changing the subject
  - More listening and less talking
- 👂 Watch your body language – your verbal and non-verbal messages should convey the same content.
- 👂 Empathy:
  - Put yourself in your child's shoes
  - Listen actively
  - Don't say "I know how you feel", but rather "You must feel so confused"
  - Communicate that you acknowledge and accept your child's feelings
  - Don't deny or minimize
- 👂 Let your child speak first.
- 👂 Reflect back what you have heard.
- 👂 Be comfortable with silences.
- 👂 Summarise.
- 👂 Tune into body language.
- 👂 Finish on a positive note.
- 👂 **Remember: identify your goal for communicating, when and where it is the best time to talk, what your body language is saying. People always see things differently and your emotions influence your communication. Pay attention. Listen. Think before you speak. Breathe. Keep the message simple. Listen for feelings and thoughts. Don't judge. Never interrupt.**