

# SUGGESTIONS FOR COMMUNICATING WITH YOUR CHILD



- ❖ Remember how it felt to be young. Keep those feelings fresh in your memory.
- ❖ Determine your feelings about your family. What changes you would like to bring about?
- ❖ Learn about alcohol, tobacco, and other drugs. Discuss this information with your child often.
- ❖ Set aside ten minutes every day to focus on your child.
- ❖ Encourage your child to talk about what he thinks and feels.
- ❖ Actively listen to your child and respond by telling him what you heard him say.
- ❖ Tell your child your reasons for making decisions that affect him.
- ❖ Express yourself in “I” messages. Explain how you feel about an action or event, rather than criticizing him directly for causing it.
- ❖ Be honest in your communication with your child.
- ❖ Treat one another with respect.
- ❖ Be clear in what you say. Don’t compete with distractions.
- ❖ Be accepting. Be consistent.
- ❖ Keep your sense of humor.
- ❖ Don’t be sarcastic with your child. Don’t make assumptions or accusations.
- ❖ Deal with the present.
- ❖ Don’t encourage your child to feel guilty.
- ❖ Don’t blame yourself for your child’s actions.
- ❖ Don’t be intimidated by the subject of alcohol, tobacco, and other drugs. Don’t be put off by your child’s reluctance to talk about these matters.
- ❖ Recognize that ***you can make a difference!***

***Everyone needs someone to talk with, people to trust, and rules to live by. Our children’s needs may be even greater than past generations. The family is still the best source of strength to answer the needs of our children and keep them safe and healthy.***