

## COMMUNICATING WITH YOUR CHILD

After a long day at work, it's sometimes hard to find ways to reconnect with your child



*The key to communicating with your child is to listen carefully before you react.*

Here are some helpful tips:

- Let your child know that you care about what he or she did during their day, whom they spent time with, and what they had strong feelings about (whether those feelings are positive or negative).
- Listen for the feelings behind the words.
- Look directly at your child when you talk together.
- Use active listening to reflect what the child is saying.
- When setting limits for your child, phrase them positively, save “No” for times when you really need it.
- Tell your child exactly and clearly what you want him to do. Children can't read your mind!

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