



Positive Family Communication

WHY IS POSITIVE COMMUNICATION IMPORTANT?

Parents who talk positively with their children, create a healthy environment that encourages emotional development and family security.

Speaking - Take time to explain yourself fully. Do not yell or criticize. Speak with respect and kindness.

Listening - Pay attention to your child's words. Let your child know you are truly interested.

Reacting - Show enthusiasm. Be responsive to your child by praising them for a job well done or for good effort.

ACTION PLAN FOR POSITIVE PARENT/CHILD COMMUNICATION

- Choose words your child will understand.
- Be a good listener.
- Be direct, honest and open.
- Be sensitive to the emotional impact of what you say to your child. Think before you speak.
- Make time each day to have a conversation about anything your child wants to discuss.
- Use questions in conversations to show your interest and generate an open response.

PHRASES THAT PRAISE

- You're #1!
- Great job!
- Well done!
- You can do it!
- You're the greatest!
- Super job!
- I support you!
- Thanks for being honest!
- What would I do without you?
- I'm so proud of you!
- I love you!
- You made my day!
- Nice work!

WHO TO CALL FOR HELP

Parent Helpline
1-800-CHILDREN

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org



Kansas Children's Service League

