

Positive Ways To Communicate With Your Children

“Alternative parenting” changes all the “rules” about parenting because it changes the goals. Instead of being focused on power and control and behaviour, it is focused on love and nurturing and respect. Obviously, this means communication has a different goal (conveying those things, rather than achieving compliance). Every child, and every family, is different, but there are some basic principles worth considering:

Maleny Office
2/11 Coral Street
Maleny QLD 4552

Caloundra Office
58A Queen Street
Caloundra QLD 4551

Lawnton Office
865 Gympie Road
Lawnton QLD 4501

Every Communication Presents An Opportunity: Any time parents communicate with their child it is a chance to express love and respect. While children may sometimes roll their eyes, at some level they hear and appreciate verbal affirmations. There’s never a wrong time to say “I love you” and it is never excessive

Avoid Coercive Language: Once we abandon the old paradigm that our success as parents is determined by our ability to “make” our children behave a certain way, we can expunge words from our dialogue that are demanding of certain behaviour. Instead of “clean your room” we can engage our child in a respectful discussion about the issue.

Avoid Disrespectful Language: Its interesting that traditional parents often speak less respectfully to their children than they would to any other adult, even a total stranger. Most of us have “good manners” and “good social skills” so the trick here is to recognize that the MOST important place to use those skills is with our child.

Communication is Not Just Content: Volume and tone of speech can be as important as what someone is saying. Traditional parents often use raised voices and derisive tones with their children that they would NEVER use with another adult. Role model speaking softly and gently and often this becomes the prevailing communication style in the family, even when people disagree.

NOTES
