

Speaker Notes

Title of Presentation: Parent Child Communication

Page 1 – none.

Page 2 – none.

Page 3 – none.

Page 4 – none.

Page 5 –

- **Establish a connection** – Squat to your child’s eye level and make eye contact.
- **Help them focus** – “Susie, I need your eyes.” “Johnny, let’s use our listening ears.”
- **Use age-appropriate language** – Simple and direct with few words.
- **Make an offer they can’t refuse** – “Get dressed so you can go outside and play.”

Page 6 –

- **Use positive language** – Instead of “No running,” try: “Use your walking feet.”
- **Offer choices whenever possible.**
- **Give advance notice** – “We are leaving soon. Say bye-bye to the toys.”
- **Young children need lots of repetition** – You will need to tell them the same thing repeatedly.

Page 7 – none.

Page 8 – none.

Page 9 –

- **Entering puberty/ mood swings:** With puberty mood swings start to occur. They can be frequent and unpredictable - happy one moment and despondent the next. These can increase during periods of significant change such as divorce.
- **Attempting to separate from parents and become independent,** but fluctuating between maturity one moment and immaturity the next – especially during a divorce when they may be feeling more insecure.
- **Black & White thinking:** The 10-12 year old tends to think in black and white. Things are either “totally awesome and amazing!” or “unbelievably gross and horrible!”
- **The peer group becomes very important,** and they tend to confide more in their peers than in adults. For most preadolescents, acceptance by peers and “fitting in,” becomes crucial.
- **Very sensitive to criticism:** children are very self-conscious at this age and can interpret criticism as a lack of acceptance.
- **Able to hide feelings:** Most 10 to 12 year old children become very private and tend to disguise and/or hide their feelings. While they may reveal feelings to a close friend, they are less likely to do so with adults – especially their parents.

Page 10 – none.

Page 11 – none.

Page 12 – none.

Page 13 –

- **Validate feelings:** Take a child’s feelings seriously. We may not see the significance of their hurt or anger but it is important to validate what they are feeling, anyway. They are important to your child. Let the child know you understand how he/she feels and that it is okay to feel that way. Help them to express feelings appropriately: It’s ok to feel angry and say that you’re angry.
- **Avoid being judgmental** and critical - this only alienates the child and can cause them to shut down verbally and emotionally. It also affects their self esteem in a negative way.

Page 14 –

- **Establish a regular time to talk** - this insures there will be on-going communication, and concerns about issues won't fester.
- **Use written communication** – if talking is difficult or leads to further conflict, putting your thoughts and concerns in a note to your teen can facilitate further discussion. Make sure to state all the positive things you love about your teen before expressing concerns. A note will allow your teen to sit quietly and absorb what it is you have to say.

Page 15 – Learning to recognize and name our own feelings and recognize them in others helps us develop interpersonal skills and communication skills. Learning to recognize feelings in others also helps in developing empathy for others.

Page 16 –

- Take their feelings seriously, even if you don't think those feelings are important. They are important to your child.
- Let them know you understand how they feel and that it's ok to feel that way.
- Express feelings in appropriate ways: It's ok to feel angry and say that you're angry, but it's not ok to hit or yell or use inappropriate language.

Page 17 –

- Your child needs to know they are being heard – don't multi-task when they are trying to talk to you.
- Paraphrasing lets your child know they've been heard. It also gives them the opportunity to let you know if you have misunderstood something.
- Keep it brief – don't lecture. Both younger and older children will tune you out and become resistant to what you have to say.

Page 18 –

- "I" statements - "You" statements make the other person feel attacked and defensive. "I" statements indicate you are taking ownership.
- Open ended questions help open up discussion. Asking yes or no questions usually evokes only a yes or no answer.

Page 19 –

- The louder your child yells, the softer you respond – if you yell back you will both be having melt downs. You need to be the adult for your child.
- Don't ask questions when "no" is not an option..... - instead of "Will you pick that up?" say "I want you to pick that up."
- Threats and degrading language put your child on the defensive and makes it less likely they will talk.

Page 20 –

- Be consistent: Kids need to know you mean what you say. Establish rules and consequences and stick to them. Always be consistent in your follow through.
- When you _____ I feel _____, because _____. Example: "When you come home late, I feel worried, because you might be hurt." This lets them know how their behavior affects you, but it doesn't convey an attack on them.

Page 21 – Use visuals: Kids are visual learners. Show them maps & pictures of where you'll be. Show them equipment and protective gear you'll have with you such as your helmet, boots, vest, and uniform. Talk with them about how these will help keep you safe.

Page 22 –

- Anticipate questions: they need lots of reassurance and will have lots of questions about their safety and yours. Talk with them about everyone who will be taking care of them while you are gone. Talk about things you'll do when you get back.

- Talk with them about ways you will be protected while you're away.
- Importance of your job: talk with them about the importance of being in the military and how your assignment serves your country and its citizens.
- Sometime young children will have guilt thinking you are leaving because of something they said or did. Make sure they understand why you're leaving and what you'll be doing.

Page 23 – none.

Page 24 – none.

Page 25 – none.

Page 26 – none.

Page 27 – none.

COUNSELOR USE ONLY