



Ten Practical Tips for Better Communication

1. When you discipline your child, be sure to explain why his behavior is wrong or harmful.
2. Get down on your child's eye level when you talk to them.
3. Buy a blank greeting card for your child and write an encouraging personal message
4. Vocalize your commitment to your children; tell them often you are dedicated to them.
5. Discuss an area in which you and your child disagree – and listen.
6. Write a letter to your child on their birthday, some other special occasion, or for no reason at all.
7. Discuss a current event with the family. Give time for give and take.
8. Learn what you can playfully tease your children about and what subjects are too sensitive for teasing.
9. Have a date night with you and only one child.
10. Ask them what they enjoy doing with you and then set a time to do it together.