

# HEALTHY TALK, HEALTHY KIDS

## Ways to improve communication

**01.**

### Use “Door Opener” statements

These encourage your child to share more in a conversation

Examples:

- “I see”
- “Tell me more”

Use More “Dos”  
than “Don’ts”

**02.**

Don’t statements fail to promote positive behavior. Swap the statement with a do statement for better outcomes. “Stay inside” instead of “don’t go outside.”

**03.**

### Talk with your child, not at your child

Don’t only give instructions, both talk to and listen to what your child has to say. Talking “at” them may invalidate their feelings.

Make requests  
important

**04.**

Asking vague questions may prompt your child to ignore you. Obtain your child’s attention, speak with firmness, and give them a reason for why they should do it now..

**05.**

### Use kind words and labels

Using kind words can help create better communication and respect with your child. When spoken to with appreciation and respect, children also have better self-worth

Show your child  
you accept them

**06.**

When your child knows you accept them for who they are and not who you want them to be, they will get along with others and feel safe in their thoughts and feeling.

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Answering your child's questions

**Affirm:** Affirm your young person's question

**State:** State the facts of the situation

**Explore:** Explore the range of values/beliefs

**Applaud:** Applaud your child for coming to you with their questions

**Be Honest:** If you do not know the answer, be honest and find the answer together

**Check in:** Remain open to your child and check in to ensure you answered all of their questions

## Sources:

Parent Co. 8 psychologist-backed tips for improving communication with kids. ParentCo. (2021). <https://www.parent.com/blogs/conversations/2021-8-expert-tips-talk-effectively-kids>

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