



# Positive Communication

Positive communication is very important in developing strong and happy families. It means using caring words, listening with all your attention, and using a calm tone of voice. Children respond well to positive communication.

Your expressions, eye contact, and body language affect how well you get your message across. When you get down to the same level as your child, look him or her in the eye and smile. S/he will be more likely to hear what you have to say. All these things help a child to listen well. Look in a mirror and notice your expressions. Your expression softens when you think positive and loving thoughts. It is this expression that a child responds to best.



## Some examples of positive communication:

- **Tell your child what to do rather than what not to do.** Instead of "Don't drop that toy," say, "Hold tight to that toy." This helps your child know what to do.
- **Be clear about directions.** Say, "Sophia, I need you to pick up your toys now," rather than, "Sophia, would you like to pick your toys up, please?"
- **Use loving, encouraging and positive words.** An example is, "Sophia, thank you for putting up all your toys! That's terrific!" Add a hug to these comments for a winning combination!
- **Take time to praise your children.** Give them the message that they can achieve their goals. Let them know they are loved regardless of achievements or behavior.