

Effective Communication with Kids Guide

Skillful Adventures™


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Encourage Open Conversations!

Build strong relationships through positive communication.

1. Create a Safe & Open Environment

- Encourage your child to express thoughts and feelings freely.
- Avoid judgment, criticism, or immediate solutions—just listen.
- Use open body language and maintain eye contact.

 **Tip:** Show empathy by repeating what they say: *“I hear that you’re feeling frustrated because...”*

2. Ask Open-Ended Questions

- Instead of yes/no questions, ask ones that encourage conversation.
- Examples:
 - *“What was the best part of your day?”*
 - *“How did that make you feel?”*
 - *“What do you think we can do about this?”*

 **Tip:** Give kids time to think before answering. Don’t rush them!

3. Practice Active Listening

- Give full attention—put away phones and distractions.
- Nod, smile, and use verbal affirmations like *“That’s interesting!”*
- Summarize what they said to show understanding.

👉 **Tip:** Avoid interrupting. Let them finish before responding.

4. Teach & Model Healthy Expression

- Show them how to express emotions with “I” statements:
 - *“I feel upset when...”* instead of *“You make me angry!”*
- Help them recognize and name their feelings.

👉 **Tip:** Use emotion charts to help younger kids express themselves.



5. Respect Their Perspective

- Even if you disagree, validate their feelings.
- Instead of saying, *“That’s silly,”* try *“I understand why you feel that way.”*
- Allow them to share ideas and contribute to family discussions.

👉 **Tip:** Let kids make small decisions to build confidence in expressing themselves.

6. Make Time for Unstructured Chats

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| <ul style="list-style-type: none">• Create daily opportunities for casual conversations (car rides, mealtime, bedtime). |
| <ul style="list-style-type: none">• Sometimes, kids open up more when engaged in an activity like drawing or walking. |

 Tip: Don't force discussions. Let them happen naturally.
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 Strong communication builds trust, connection, and confidence! Keep talking, keep listening!
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