





HOW TO HAVE DIFFICULT CONVERSATIONS WITH YOUR KIDS


A CHECKLIST


 **1** Use your active listening skills and watch out for those door slammers.


 **2** Talk often with your child to bring out positive opinions, ideas and behaviours by using an affirmative tone and body language.


 **3** Treat your child with the same respect you would have them treat you.


 **4** Remember that your tone of voice is extremely important. Yelling can shut down the listener


 **5** Plan ahead. Think through your main talking points and key messages you wish to convey in the conversation.

 **6** Be precise and detailed about what you expect and have agreed from the discussion.

 **7** Discuss some things together on a one-to-one basis and some things with the whole family.

 **8** 'Do as I say, not as I do' doesn't work. Modelling is the best way of learning. You are your child's model and they will emulate your behaviours.

 **9** Never shut your child out to show that you disapprove of their behaviour, statements or beliefs.

 **10** Be clear that difficult conversations are not a one-way system in your family and that your child can raise a difficult topic with you too. In fact, you should encourage this.