

# *AMITY PARENTING*

## *TIP*

### **Effective Communication**



## **Why Communication Matters.**

By Hilary Davis

Communication helps others know what we want or need. Parents can feel frustrated when they have asked their child to do something, and the child has not complied with the way they anticipated. How you communicate influences how others respond. Take a look at the following examples of Effective or ineffective communication and see what kind of messages you give your child. I know I fall into both categories. Pick one that you can improve on.

# Effective or Ineffective Messages

TAKEN FROM "SETTING LIMITS WITH YOU STRONG WILLED-CHILD"  
BY ROBERT MACKENZIE



## Examples of Ineffective VERBAL Messages (Soft Limits)

- "It's time to take a bath okay?"
- "Would you try to be nice once in a while?"
- "Come on, get your act together."
- 'Do me a favor and cooperate for once."
- "Can't you see I'm on the phone?"
- "I don't like your attitude."
- "You better shape up."
- "How would you like it if I interrupted you?"
- "You're acting like a jerk!"
- "it's time to do right"
- "I don't believe it! You almost cooperated."
- "Wipe that smirk off your face."

## Examples of Ineffective ACTION Messages (Soft Limits)

- Allowing children to walk away from a mess
- Cleaning up children's messes for them
- Dressing children who can dress themselves
- Ignoring misbehavior in the hope that it will go away.
- Overlooking misbehavior when you are in a good mood.
- Slapping children to show them how it feels when they hit others.
- Rescuing children from the consequences of their misbehavior
- Making excuses for children when they misbehave.

## Examples of Effective VERBAL Messages (Hard Limits)

- "Stop hitting now."
- "We don't eat popsicles in the living room."
- "Take your shoes off the sofa, please."
- "Put away your Legos before you go outside to play."
- Be home by 5:30."
- "You can play by the rules or find a different game to play."
- "Turn the TV down please, or I'll have to turn it off."
- "if you kick the ball in the house, I'll have to take it away."
- "If you throw your food, your meal is over."

## Examples of Effective ACTION Messages (Hard Limits)

- Using time-out consequences for a child who hits.
- Removing popsicle from a child who ignores your request not to eat in the living room.
- Putting away Legos for three or four days at a time when children don't pick them up.
- Temporarily revising return time to 4:30 for a few days when the child fails to return home at 5:30 as requested.
- Not allowing a child to participate in a game for a while when he or she fails to play by the rules.
- Turning the TV off when children refuse to turn it down..