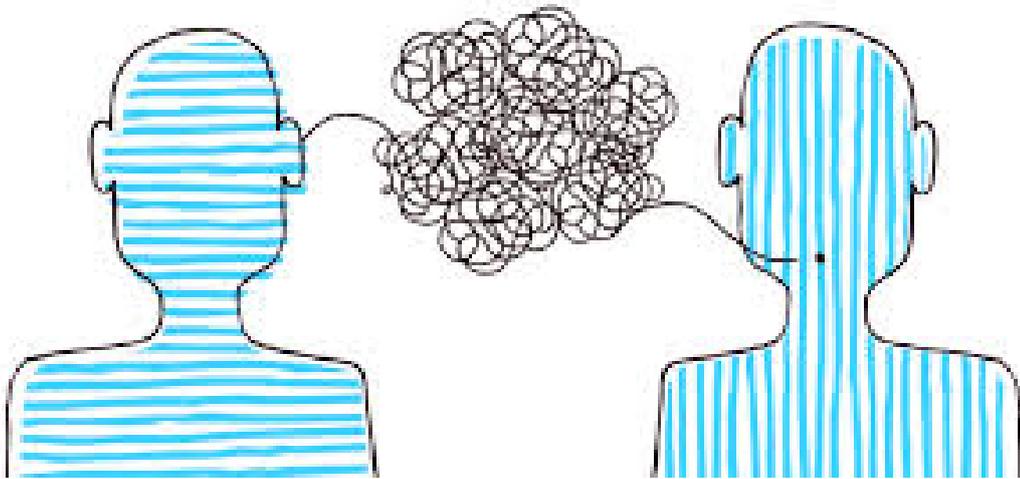


COMMUNICATION IS THE GLUE THAT KEEPS FAMILIES STRONG

BY: PSYCHOLOGY TODAY



Keeping the lines open

When parents make a mistake, it's OK — and perhaps teachable — to say "sorry." Talk to your child like the person they are.

There is much to be gained by communicating without berating. Showing and modeling your ability to express yourself provides your child with a sense of agency and confidence that will follow them all their lives. Learn from your blowups, and use communication to draw boundaries around your emotions when your buttons are pushed.

In my opinion, as well as my reading of extant research, there is no greater skill that a person can have to thrive and succeed than the ability to accurately, precisely express thoughts and emotions. The expression of emotions allows you to release the tension that those emotions create when they are stuck inside. The expression of thoughts and desires gives you a better chance to have those thoughts considered and those desires granted.



We all have the tendency to latch onto worst-case scenarios and explanations when feelings go unresolved.

If you are disappointed, tell your child, and give them the chance to say sorry (they will, if you have shown them that it's not a sign of weakness to do so). If you are pleased and proud, don't just assume your child knows it — say it and "behave it" with a kiss or hug or gift. In any relationship, if you like something, or you dislike something, speak your wishes into the space between, and give the other person the chance to reciprocate your love and vulnerability with attention, thought, care, and — perhaps — the granting of your wish..

Happy parenting! Give your son or daughter and your partner a kiss today, and let them know explicitly how you feel about them. It's one of the greatest gifts you can give them — and yourself.

"If you light a lantern for another, it will also brighten your own way." —Nichiren.

Although most of us are born with the ability to hear, listening is a process that requires our conscious attention and active participation, beginning with honoring the preconditions for listening.

The preconditions for listening consist of setting an intention to listen, making a commitment to listen, being mentally and physically ready to listen, and being willing to allow your children to complete their message. Being mindful of your thoughts and emotions helps lay the foundation for attuned active listening.

“There is only one rule for being a good talker – learn to listen.”
Christopher Morley