

Grandparent's Corner

Communication is an important parenting skill. Parenting can be more enjoyable when positive parent-child relationship is established. Whether you are communicating with a toddler or a teenager, good communication is the key to building self-esteem as well as mutual respect.

The way we talk to our kids has a huge impact on their learning and ability to listen to us. We are constantly modeling to our kids how to act and behave and the way we talk to them fits right into this category. The way we speak to them and those around us is showing them how we want them to speak back to us.

Below are some tips for improving the way we talk to our kids:

- Use your child's name
- Use positive language
- Connect with your child
- Use volume appropriately
- Suggest options and alternative
- Keep language simple
- Keep away from nagging
- Model and expect good manners
- Be gentle but firm
- Ask open-ended questions
- Check for understanding
- Explain what you want with " I " messages
- Make time for one-on-one conversations
- Don't sweat the small stuff
- Be considerate
- Show acceptance
- Don't interrupt
- Make conversations a priority with your kids

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, he learns to fight.

If a child lives with ridicule, he learns to be shy.

If a child lives with fear, he learns to be apprehensive.

If a child lives with shame, he learns to feel guilty.

If a child lives with tolerance, he learns to be patient.

If a child lives with encouragement he learns to be confident.

If a child lives with acceptance, he learns to love.

If a child lives with recognition, he learns it is good to have a goal.

If a child lives with honesty he learns what truth is.

If a child lives with fairness, he learns justice.

If a child lives with security, he learns to have faith in himself and those about him.

If a child lives with friendliness, he learns the world is a nice place in which to live to love and be loved

(Anonymous)

QUICK QUIZ

Communication is the ability to speak, understand speech, read, write, and gesture. Nonverbal messages are given through silence, body movements, or facial expression. Be aware that words can carry one message, the body another. Read the issue and answer True or False to the questions below.

1. To better understand a problem, look for meaning and emotions *behind* what is being said. T F
2. Being a reporter to describe a medical problem means using facts, rather than opinions or assumptions. T F
3. When communication fails, stress levels go up. T F
4. Pay attention and listen for the feeling or emotions *behind* the words. T F
5. You can be better understood if you stand over the person if he is seated. T F
6. Coping with changes in communication is one of the biggest challenges that caregivers and family member face when caring for persons with dementia. T F
7. Nearly 50% of all adults may have problems understanding prescriptions, appointment slips, informed consent documents and insurance forms. T F
8. Slow down and take time to listen to the concerns of the person in your care. Create an atmosphere of respect and comfort. T F
9. Patients remember what is said during a doctor's visit if they pay attention. T F
10. When communicating with a person with dementia, always be aware of your *tone* of voice. T F

Name _____

Signature _____

Date _____

KEY: 1. T; 2. T; 3. T; 4. T; 5. F; 6. T; 7. T; 8. T; 9. F; 10. T

