

# TIPS FOR PARENTS

## How can you help your child?



### COMMUNICATING EFFECTIVELY WITH YOUR CHILDREN

It is important to discuss bullying with your children on a regular basis. Regular communication with a person they trust and respect will help them form their own opinions and beliefs about bullying. Your children will also feel more comfortable telling you if they are being bullied.

Why not try some of the following ideas to improve the way you talk with your children.

**Sit shoulder to shoulder or walk with your child as you talk.**

- Talking face to face can be quite confrontational, particularly for boys.
- Sitting or walking side by side will encourage both you and your child to talk freely.

**Use open-ended questions.**

- It is easy to ask your child if they had a good day or if they would like toast for breakfast; however these questions only require a yes or no answer.
- Try asking questions such as “What did you do today?” or “What would you like for breakfast?”. These types of questions encourage discussion between you and your child.

**Talk with your children about what to do rather than what not to do.**

- It is common for us to focus on poor behaviour, such as “don’t step in that puddle” or “stop swinging on your chair”.
- Using positive language allows you to tell your children what you would like them to do rather than what you don’t want them to do.
- Try rewording negative statements to positive statements such as “step over the puddle” or “please put the chair legs on the floor”.