

Communicating With Your Child

USING DOOR OPENERS vs. DOOR SLAMMERS

When talking with your child, use the following 'Door Openers' to keep communication open and non-judgmental.



DOOR OPENERS

- ▶ "What do you think?"
- ▶ "Tell me more about that."
- ▶ "That's a good question."
- ▶ "I don't know, but I'll find out."
- ▶ "I'm interested in what you are saying."
- ▶ "Do you know what that means?"
- ▶ "That sounds important to you."
- ▶ "Do you want to talk about it?"
- ▶ "I'm here when you want to talk."
- ▶ "What do you think you would do if...?"
- ▶ "How was your day?"
- ▶ "What did you like the best about...?"
- ▶ "Then what happened?"
- ▶ "How do you feel about...?"



DOOR SLAMMERS

- ▶ "Don't talk to me in that tone of voice!"
- ▶ "No."
- ▶ "You are too young to understand."
- ▶ "If you say that again, I'll ... "
- ▶ "That's none of your business."
- ▶ "I don't care what your friends are doing!"
- ▶ "We'll talk about that when you need to know."
- ▶ "That's just for boys/girls."
- ▶ "Why are you asking me that?"
- ▶ "You don't need to know about that."
- ▶ "Because I said so."

PARENTS LEAD.ORG

For ideas on how to continue the conversation, visit...

www.parentslead.org