



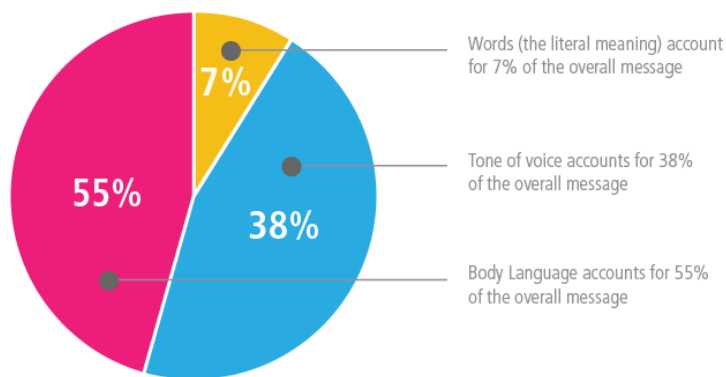
Daley Connections

Connect ~ Empower ~ Succeed

Communicating With Children and Young People

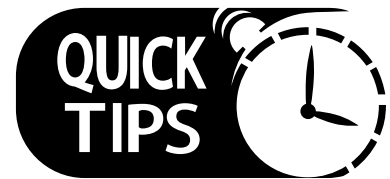
A child's ability to manage stress, feel confident and motivate themselves in later life has a lot to do with their early childhood experiences. A person's 'self-concept' is their sense of who they are and how they feel about their place in their family and community. This begins to develop between the ages of two and six years.

Positive relationships between parents and children are an important part of building a child's positive self-concept. A child who feels constantly blamed, judged and criticised may grow up to become an adult with a negative self-concept (Better Health Channel).



Some stems to help with words of encouragement

- "I can see you're trying really hard to say..."
- "What you're saying is..."
- "It takes courage to talk about..."
- "I like the way you used the strategy..."
- "You're doing a good job explaining..."
- "Your tone of voice is telling me..."



Each day, dedicate some time to have an uninterrupted conversation with your child/client (phones, devices, other people, etc).



Resist the urge to finish your child's sentences for them.



Encourage your child to use sentence stems to help articulate their ideas, feelings and emotions.



Acknowledge and praise your child's efforts. Be sure to let them know when you've noticed them communicating clearly and effectively.

Children learn best through observation and demonstration. Show your child how to be a good communicator by role-modelling effective communication practices yourself.

Need some extra help?

- Reach out to us
- Talk to your doctor
- Parentline Tel. 13 22 89
- Family Relationship Advice Line Tel. 1800 050 321
- Your community health centre/counsellor