



As a parent, you can feel tired, stressed, overwhelmed, sad, frustrated, and lonely.

Sometimes when you feel this way, communicating can be a challenge.

Here are some communication tips...

- Timing is everything...for everyone involved!
 - Watch out for listening ears (your child or children).
 - Remember your children need to feel safe and secure. Children of all ages, even babies, know if parents are upset.
- Do not use force, it's important to feel safe.
 - No pushing, shoving, hitting, punching, slapping, throwing items...
- Keep the focus on the current problem or situation.
- Come up with a compromise to the problem.
- If you or the other person needs to take a break...take one! Grab some coffee.
- Keep the conversation time limited.
- Give the other person a chance to respond...and LISTEN for the response.
 - This can be hard to do. We want the other person to hear us but forget we need to hear them too!
- Remember to take deep breaths and SLOW down the conversation.

**Your children depend on you to teach them how to solve problems.
What do YOU want to teach your children?**