

How To Help Your Child Communicate Better?



Encourage them to open up to you about their feelings, opinions, and thoughts without hesitation.



Be a responsive and attentive listener. Reciprocate their feelings of anger, sadness, or happiness to make them feel validated.



Don't cut them off mid-conversation, and be patient. This way, they'll learn to be patient with others too.



Don't be judgemental and overly critical, but carefully explain to them where they are wrong.



Be mindful of their body language and tone, and don't force them to talk about something that makes them uncomfortable.



Provide moral support by ensuring you have their back and help them solve their problems.

