Communication Worksheet

From the moment a child is born they start to communicate with those around them. One important thing in understanding your child is learning how they communicate what they need and how they feel.

Listening is the key to communication with your child. Listening means giving your full attention to what your child has to say. It also means watching their behaviour and actions because children often find it difficult to put their feelings and thoughts into words because they don't have the language. (NSPCC 1998 positive parenting)

Please circle the words that describe **what you experienced** as a child from your parents/carers.

Circle the words below...

Nagging	Anger	Honesty	Changing their mind
Encouragement	Shouting	Patience	Trusting
Teasing	Firmness	Consistency	Being laughed at
Blaming	Being too busy	Violence	Openess
Loving	Smacking	Listening	Sharing
Listening	Hugging	Being Valued	Boundaries

Try and think about the words you have circled and decide which words you would describe as **helpful** and **unhelpful** parenting.

Write the words below...

Helpful Parenting		Unhelpful Parenting	