

ENHANCE YOUR PARENTING SKILLS

COMMUNICATION DOS AND DON'TS

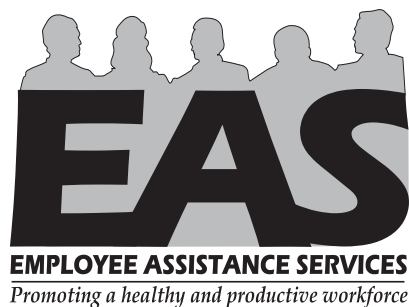
Do:

- Express your thoughts and feelings without blaming
- Help your child recognize and name feelings
- Encourage your child to express feelings by saying, "How did you feel about that?" or, "Tell me more about the problem."
- Show that you understand by restating what the child says; "you feel sad because I'm going on a business trip and you cannot go with me."
- Educate your child on the dangers of drug use
- Explain the importance of a good education
- Show praise by giving a kind word or an assuring pat on the back

Don't

- Rush the child during a conversation
- Half listen or mutter replies like "um-humm" or "sure"
- Betray the child's trust or confidence by divulging secrets without first getting the child's approval
- Set limits on conversation subject matter
- Use words or concepts that your child cannot understand
- Act as though the problem is silly or unimportant

For more information on how you can enhance your parenting skills, contact:



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202