

How can I relate better with my child?

Have quality conversations



When your child feels listened to and respected, he/she will be more likely to open up to you. As parents, you can use these tips to relate better with your child.

1 Be Attentive

and be ready to listen to your child through your body language.

Sit upright in a relaxed posture.

Maintain an open posture

Lean slightly forward

Maintain comfortable eye contact

Besides words, your body language, voice and tone also convey your emotions and beliefs.



2 Observe

your child's words and emotions.

This must be difficult for you...

Listen to the choice of words that your child is using to understand where he/she is coming from. Acknowledge your child's emotions and show empathy.

When do you think...?

3 Ask follow-up questions

to show your genuine interest in your child's life.

When you said...what did you mean?

4 Clarify

what your child is saying to better understand him/her.

Am I right to say that you feel...?

Could you give me an example?

Children may not be able to describe their emotions and experiences clearly because of limited vocabulary.

How can I support you?

5 Ask how you can support your child and follow through

instead of offering solutions immediately.

6 Be aware of your own emotions

Your child is more likely to feel secure and share more when you are warm and composed in responding to him/her.

You can better regulate your emotions by reflecting on these questions.

How was I feeling?

What made me feel this way? Why did I think that way?

Did my child feel cared for and supported?

What could I have done better?



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Provide S.P.A.C.E



When your child feels cared for and supported, he/she will be motivated to learn and develop well. As parents, you can provide S.P.A.C.E. to relate better with your child.

Support

Spend quality time with your child.



Provide positive feedback.



I am glad that you have considered...

Show interest and be willing to listen.

I would like to hear your thoughts on...

Problem solve

Work with your child to reflect on problems, issues and setbacks together.



Let's think about how we can...

Are there other ways that you think might work?

Explore alternative plans with your child.

Empower your child to problem solve and face challenges independently by asking questions.

Affirm

Praise your child for the effort and qualities observed in the task.



You have packed your bag early. Well done! You are all ready for school tomorrow.

Affirm your child's effort before discussing what they can improve on.

Cheer

Cheer your child on for renewed effort and share inspirational stories of resilience.



We are glad that you are giving this another go.

Cheer your child on in good times and bad times.

Empower

Give your child opportunities to explore new environments/ experiences and make new friends.



Involve your child in household responsibilities.



Empower your child to be independent instead of doing things for them.

