

SCAO PARENTING CAMPAIGN PAGE

SCAO Positive Parenting campaign is dedicated to providing parents with all possible resources and information to help make parenting more rewarding, effective and fun among our community members.



Second SCAO session on good parenting campaign " Positive Communication " will be schedule as soon as we have the class required number

When:

October xxxx (00:00)

Where: xxxx

CHILD CARE available for children 6 years and under.
Parking available free.

Different types of communication

Communication goes on all the time - even if no words are exchanged. It occurs through gestures, eye contact (or the lack of it), touch and even the way you stand when you look at someone. As a parent, you're communicating with your teenager all the time, even though she may not speak to you very much.

Parenting is challenging. Most families need information at some time—to help in the important job of bringing up healthy, happy and confident kids.

Positive communication

Positive communication is very important in developing strong and happy families.

Positive communication means using caring words, listening with all your attention and using a calm tone of voice.

It is also the time you take to make sure you are understood and understanding.

Children respond well to positive communication and are more likely to grow up with healthy self esteem.

Positive communication helps families support each other through many different life experiences.

Art of communication

How you look affects how well you get your message across. When you get down to the same level as your child, look them in the eye and smile. They will be more likely to hear what you have to say. All these things help a child to listen well.

You are much less likely to have positive communication with your child if you stand over them, have a stern expression, speak without getting their attention through

eye contact or speak while turned away.

Sometimes adults do not realize how their expression can seem to a child.

What is your normal expression? Do you look relaxed, stressed, angry, happy or sad?

Have a look in the mirror and notice how your expression softens when you think positive and loving thoughts. It is this expression which a child responds to best

Using your voice

When you tell your child how special they are or how much you care use a low and gentle tone of voice.

They will know that you mean what you are saying.

A calm and gentle tone also helps diffuse an angry situation, making it more likely that you can work things out together. Harsh tones and loud voices tend to make angry situations worse.

SCAO's GOOD PARENTING CAMPAIGN