



THE iMPACT OF COMMUNiCATION

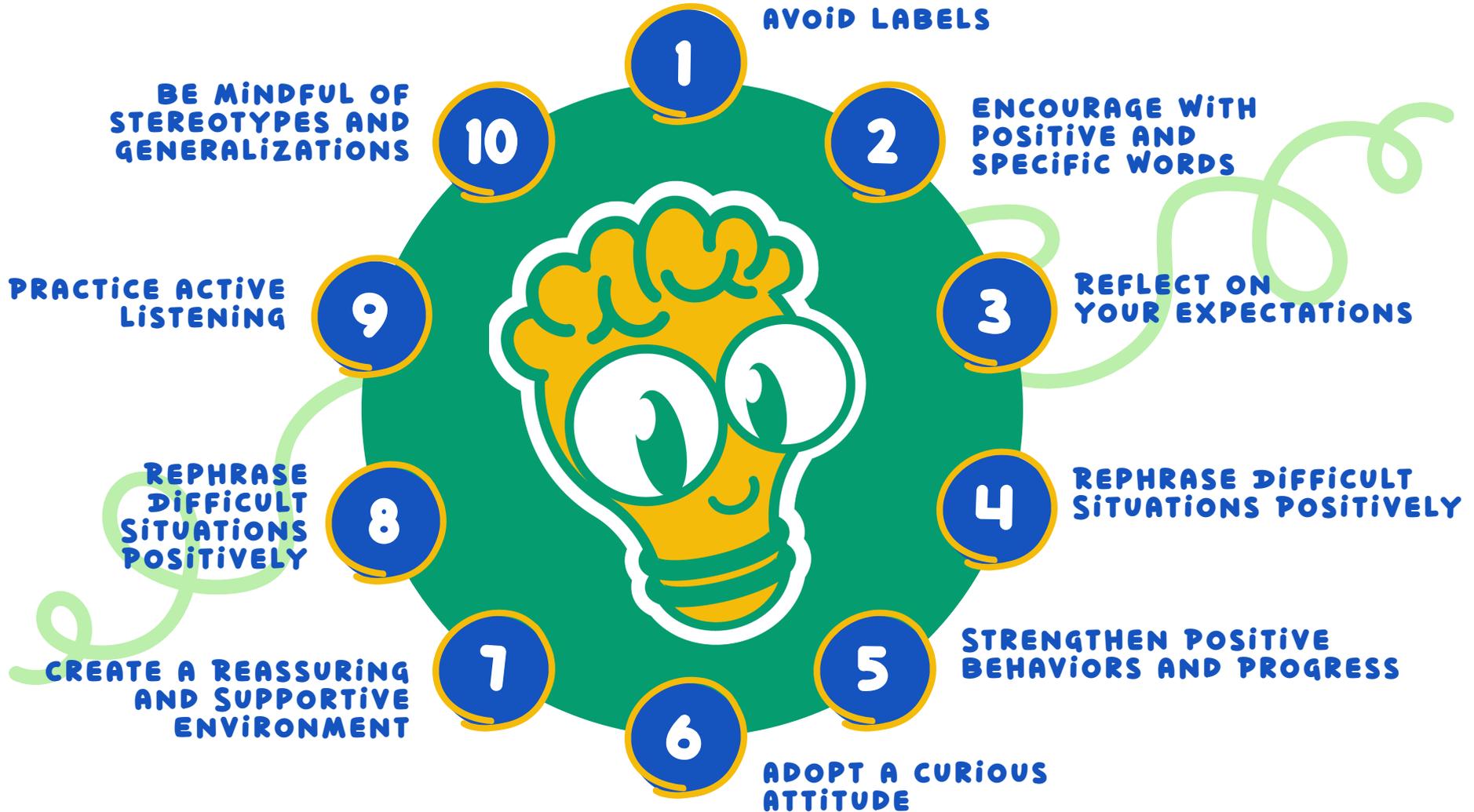


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TIPS AND RECOMMENDATIONS



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BE CAREFUL WITH STEREOTYPES AND GENERALIZATIONS



Tip: Don't assume that your child has a fixed ability or character. For example, don't say "You're never ready on time" if your child struggles to be ready in the morning. Instead, notice the efforts and progress in this activity. Say: "You did well dressing yourself, but you lost time with your bag. What if you prepared it the night before? You'd be more relaxed in the morning; shall we do it together tonight?"



ADOPT AN ATTITUDE OF CURIOSITY



Tip: Instead of reacting immediately to behavior that annoys you, take a break and ask yourself if you have understood what motivates this behavior.

For example, if your child is restless, ask yourself if they are tired, frustrated, or need more movement. This will help you be more empathetic and better respond to their needs.



REFLECT ON YOUR EXPECTATIONS



Tip: Identify if your expectations for your child are realistic and suitable for their age and development.

If you expect a young child to behave very calmly for an hour, it may be unrealistic. Adjust your expectations to your child's actual abilities and encourage them in their gradual efforts.

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ENCOURAGE WITH POSITIVE AND SPECIFIC WORDS



Tip: Tip: Show them that mistakes are part of learning. When the child fails, encourage them to see the error as a step towards learning.

For example: "That's good, you've learned from this experience, and next time, you'll do better."



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PRACTICE ACTIVE LISTENING

Tip: When your child speaks, listen to them without interrupting, even if what they are saying seems less important to you. Show them that you are listening by using gestures or words such as, “I understand what you're saying,” or “You seem frustrated, do you want to talk about it?” This builds trust and strengthens your bond with your child.



REPHRASE DIFFICULT SITUATIONS POSITIVELY



Tip: When you need to comment on behavior, focus not on the child itself, but on what they can do differently.

For example, instead of saying "You're bad at math," try "You had difficulty with this math exercise, but I know you can succeed with a little more practice. We can do it together."



CREATE A REASSURING AND CARING ENVIRONMENT



Tip: Show them that mistakes are part of learning. When the child fails, encourage them to see the mistake as a step toward learning, for example: "It's okay, you learned from this experience, and next time, you'll do better."



AVOID LABELS



Tip: Instead of reacting immediately to a behavior that annoys you, take a break and ask yourself if you have understood what motivates this behavior.

For example, if your child is restless, ask yourself if they are tired, frustrated, or need more movement. This will help you be more empathetic and better respond to their needs.



REPHRASE DIFFICULT SITUATIONS POSITIVELY



Tip: If your child is going through a difficult situation (for example, an argument with a peer or a poor grade), rephrase it positively to help them become aware of their strengths. "You received a lower grade this time, but you learned that maybe you need to review this subject a bit more. How can we help you improve together?"

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REINFORCE POSITIVE BEHAVIORS AND PROGRESS



Tip: Notice even small victories. If your child improves, praise their efforts...

"You didn't give up and kept trying, even when it was difficult. That's perseverance!" This fosters a growth mindset, where the child believes they can improve.



"Your body language
may shape who you are" -
Amy Cuddy (TED Talk)



Nonviolent
Communication (NVC) -
Marshall Rosenberg



Activity: Active
Listening Practice
(from the Positive
Discipline approach)



TEDx Talk - "The Power
of Vulnerability"
by Brené Brown



*Parenting Science -
Effective Communication
with Kids*





NONVIOLENT COMMUNICATION (NVC) – MARSHALL ROSENBERG

This site offers resources on Nonviolent Communication (NVC), a communication approach developed by Marshall Rosenberg. NVC emphasizes empathy, active listening, and expressing feelings without blame or judgment.

Why it's helpful: NVC helps parents develop strategies to communicate with their children and teens in a calm, non-confrontational way, which is especially valuable during disagreements or moments of emotional tension.



"YOUR BODY LANGUAGE MAY SHAPE WHO YOU ARE" - AMY CUDDY (TED TALK)

In her TED talk, Amy Cuddy explains how body language affects our confidence and self-perception. Holding "power poses" for two minutes can boost feelings of power and reduce stress. These poses can help improve performance in situations like job interviews or presentations. Although some studies question the hormonal effects, posture remains important for personal confidence.





ACTIVITY: ACTIVE LISTENING PRACTICE (FROM THE POSITIVE DISCIPLINE APPROACH)

Practice active listening by setting aside moments to focus entirely on what your child is saying. During conversations, repeat back what you heard and ask clarifying questions to show you understand. Use phrases like, "What I hear you saying is..." or "Can you tell me more about that?"

Why it's helpful: Active listening allows children and teens to feel heard and respected. This fosters trust and can improve communication during difficult conversations or conflicts.



TEDX TALK - "THE POWER OF VULNERABILITY" BY BRENÉ BROWN

In this TEDx talk, Brené Brown explores the importance of vulnerability in communication. She explains how being open, authentic, and emotionally honest can improve our connections with others, including children and teens.

Why it's helpful: This talk can inspire parents to model vulnerability and openness in their communication, making it easier for their children and teens to do the same and build more genuine relationships.



PARENTING SCIENCE – EFFECTIVE COMMUNICATION WITH KIDS

This site offers evidence-based information on parenting, including strategies for effective communication with kids. Topics include understanding your child's developmental stages and how to tailor your language and responses accordingly.

Why it's helpful: It provides parents with practical, research-backed strategies for adjusting their language and approach depending on their child's age, emotional state, and developmental needs.

