

# SEPTEMBER 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Tips for Talking With Your Children

**Communicating positively with children helps them develop confidence, good behavior and a positive view of the world.**

1. Make sure to smile, touch and make eye contact with your child every day in a positive and loving way.
2. Set aside one night per week for family dinner and encourage everyone to talk about their day.
3. Start when your child is young letting them know that you are willing to listen to whatever they have to say, even if you don't agree.
4. Write encouraging notes to your child and put them in surprising places like backpacks, pillow cases or pockets.
5. Don't yell. If you're angry all of the time it is your problem to solve. Don't take it out on your child.
6. Teach your child early to identify their feelings so that they can tell you what they feel inside.
7. Turn off the radio in the car and talk about whatever your child is interested in.
8. Ask questions that must be answered with more than yes or no.
9. Listen! Ask permission to give advice. Sometimes our children only want to vent. They might not want us to solve the problem.
10. Read to your child or have your child read to you no matter how old they are. Talk about the story.
11. Learn how to speak your child's language even if that means learning how to email, send texts and use Facebook.
12. Be respectful to your child in front of friends, yours and theirs.
13. Be a safe place to where your child can come and talk and anything.
14. Include your child in family discussions about everyday things like doing chores and planning events.
15. Talk with your child's friends when they are around.
16. Use a dry erase marker on the bathroom mirror to leave fun notes and reminders of appointments or chores.
17. Create traditions that keep you in contact with your child.
18. Play games together.
19. Attend your child's activities.
20. Tell your child that you love them and hug them each and everyday.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



### PREVENT CHILD ABUSE ILLINOIS

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