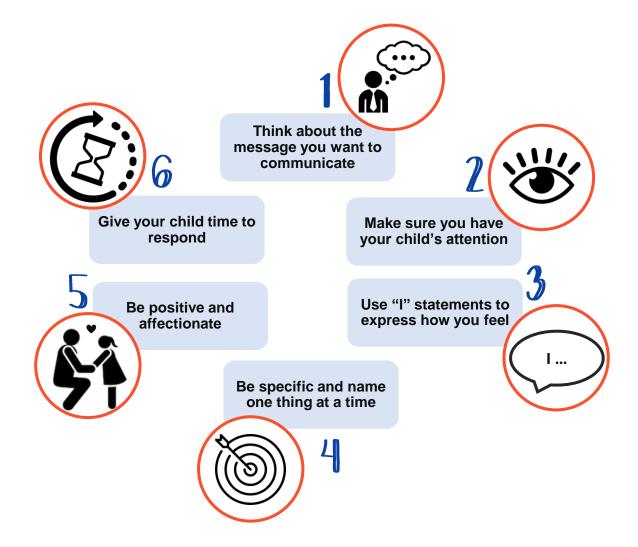
## Communication

- Reminder sheet -



Knowing how to communicate is an important skill for a parent. Communication makes it possible to understand what is going on in your family, to identify problems, and to make the right decisions. By communicating, you will come to better understand your child and experience positive moments with him.

## RULES OF THUMB FOR DELIVERING A MESSAGE





## Communication

- Reminder sheet -



## RULES OF THUMB FOR LISTENING TO YOUR CHILD





Listen actively until the end



Respect his point of view, even if it is different from your own

Look at your child as he communicates



Don't give advice unless he asks for it

Make sure you understand his needs, ask him questions if needed



Express your understanding and repeat what you understood in your own words





