



Communicating With Your Child

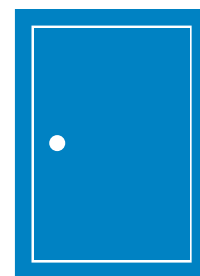
Using Door Openers vs. Door Slammers

When talking with your child, use the following 'Door Openers' to keep communication open and non-judgmental.



DOOR OPENERS

- "What do you think?"
- "Tell me more about that."
- "That's a good question."
- "I don't know, but I'll find out."
- "I'm interested in what you are saying."
- "Do you know what that means?"
- "That sounds important to you."
- "Do you want to talk about it?"
- "I'm here when you want to talk."
- "What do you think you would do if...?"
- "How was your day?"
- "What did you like the best about...?"
- "Then what happened?"
- "How do you feel about...?"



DOOR SLAMMERS

- "No."
- "Don't talk to me in that tone of voice!"
- "You are too young to understand."
- "If you say that again, I'll ..."
- "That's none of your business."
- "I don't care what your friends are doing!"
- "We'll talk about that when you need to know."
- "That's just for boys/girls."
- "Why are you asking me that?"
- "You don't need to know about that."
- "Because I said so."