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Dear parents,

The de-confinement phase, accompanied by many uncertainties about the resumption of everyday life, involves many decisions that have to be taken as a family. This has prompted the School for Parents to take an interest in "**Positive Communication**" in the family.

"How to communicate positively? »

The following elements characterise positive communication in the family:

- Children, like adults, need clear and precise messages to understand what is expected of them. "Put your cars in the box" is better than saying «Clear up your room! »
- Well worded criticism does not hurt, nor does it trigger defensive reactions in the other person. Generalisations such as "always" and "never" should be avoided, just as it is important to stick to concrete facts.
- "I-messages" are more authentic and express the speaker's feelings better than the more aggressive and accusatory "you-messages". It is better to say "I feel that household chores are becoming too much for me" rather than "You never do anything around the house!"
- Talking about your emotions makes communication easier, especially when discussing conflicting issues.
- Non-verbal communication, such as gestures, facial expressions and tone of voice also play an important role. A lot of information is conveyed through body language.
- Active listening, taking an interest in what the other person is saying, and asking questions when everything is not yet quite clear, are at the basis of good communication. The questions "Who?", "What?" and "Why?" help to clarify the arguments in a discussion.

Although communication is influenced by one's mood and form every day, these techniques are very helpful in improving communication skills in the family.

The Eltereschoul team

If you have any further questions, please do not hesitate to contact us by e-mail: eltereschoul@kannerschlass.lu.
Leave your name and phone number and a member of the team will contact you as soon as possible.

