



Positive Communication

Communication is more than just talking and listening. When we think about effective communication we utilize skills such as eye contact and open body language, active listening, an openness to see things from a different point of view, and responding respectfully.



Positive Communication is a tool that parents can use when interacting with their young children that promotes parent-child relationship and parent-child stress management. Positive communication does not mean only saying nice things, however, it is framing a message in the actions we want to see while prioritizing emotional connectedness.

Take a look at some examples below and notice how this subtle shift in language can change the tone and feel of the statements while still conveying a direct message.

Instead of Saying:	Try Saying This:
Stop running.	I need you to walk.
Stop crying.	I can see that this is hard for you.
Don't hit.	It's okay to feel frustrated, but it's not okay to hit. Please be gentle.
Stop yelling.	Your voice is so loud and I can't understand you right now. Take a deep breath and then talk to me.
Don't get upset.	It's okay to feel sad.

Parenting style and culture play a role in what communication with your child looks like in your family. Think about the interactions that you have with your child daily and explore reframing your language to be more positive! Notice how your child responds to you as you utilize this tool!



Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!