



# Respectful Communication

The Key To The Relationship  
And Success  
Of A Child



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Parting Words

# Introduction

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A strong and respectful relationship is built on healthy communication. Effective communication fosters comprehension and trust. Every relationship has ups and downs, but having good communication in mind will help you cope with disagreements and establish a stronger, healthier connection. We often hear how essential communication is, but not what it is or how we can utilize it in parenting relationships.

When parents or caregivers understand and trust their children, they will be better able to collaborate to promote their children's personal and emotional growth and also their well-being. This is why healthy communication is essential for establishing and sustaining strong relationships of children with their parents and caregivers

Respect is the bedrock upon which good communication with parents, caregivers, and families is built. Respect will help you comprehend the person you have a relationship with say your parents, other members of the family, coworkers, or even your children.

When you are a parent, it is all about communicating with your child. Two-way communication that is effective and courteous is vital for your child's self-esteem and long-term achievement. Your child's self-esteem will be built, and they will feel more loved and deserving of affection if you listen to what they have to say.

Children flourish when they know that you accept them and are always here to listen and support them. It is important to keep in mind that youngsters are able to comprehend language long before they can fully control their voice. By paying attention to your kid on a regular basis, you will be able to track the progress that they make in their linguistic development.



In this book, the primary focus is on developing all possible ways of respectful communication, which leads to good relations and the success of the child. If you start clear and open communication patterns with your child when they are young, you are setting up successful and good practices for the future.

## CHAPTER 1

# The Value of Effective Communication

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Effective communication is required in all healthy partnerships. It is especially required in a parent-children relationship. It fosters reciprocal respect, trust, connection, and reconnection, as well as your child's self-esteem. The capacity of a child to handle stress, feel confident, and encourage themselves later in life is heavily influenced by their early childhood experiences.

“ Communication -  
the human connection -  
is the key to successful  
personal and relationship ”

## RESPECTFUL Communication

by Jantharat Joyce Leang

The “self-concept” of a person is their sense of who they are and how they feel about their role in their family and community. Between the ages of two and six years, this starts to develop. Positive interactions between parents and children are critical to the development of a child’s positive self-concept, his sense of identity. A youngster who is continuously blamed, condemned, and criticized may develop a bad self-concept later as an adult. He fails to identify himself and develops a sense of self-doubt.





The parent-child relationship is where we begin to learn about how relationships should be. As a result, by setting the norm for healthy, pleasant communication today, children learn skills that will help them form successful connections for the rest of their lives. Here are some recommendations for having pleasant, polite interactions with youngsters.

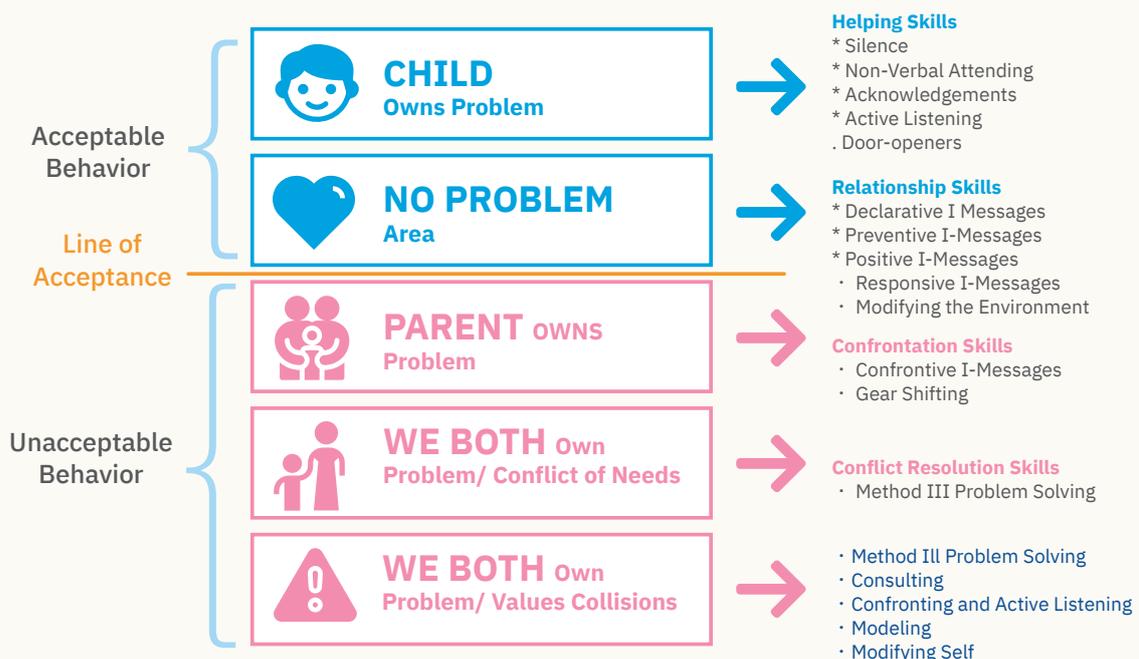
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# Pay Special Attention to Your Child

If you want your child to listen well, you should be a good example. Listen to what they have to say. Parents who are busy or preoccupied often ignore their children when they are talking, which is understandable. But if you ignore your child all the time, you show that listening isn't important and that what your child has to say doesn't matter to you. Another worth mentioning point is that most of the time, parents listen so they can answer, not so they can understand. We want to quickly give our opinions and suggestions, but if we do, it could stop the conversation. Focusing on the parenting target, keep in mind that the best way to help a child, is for him to solve his own problem as much as possible.

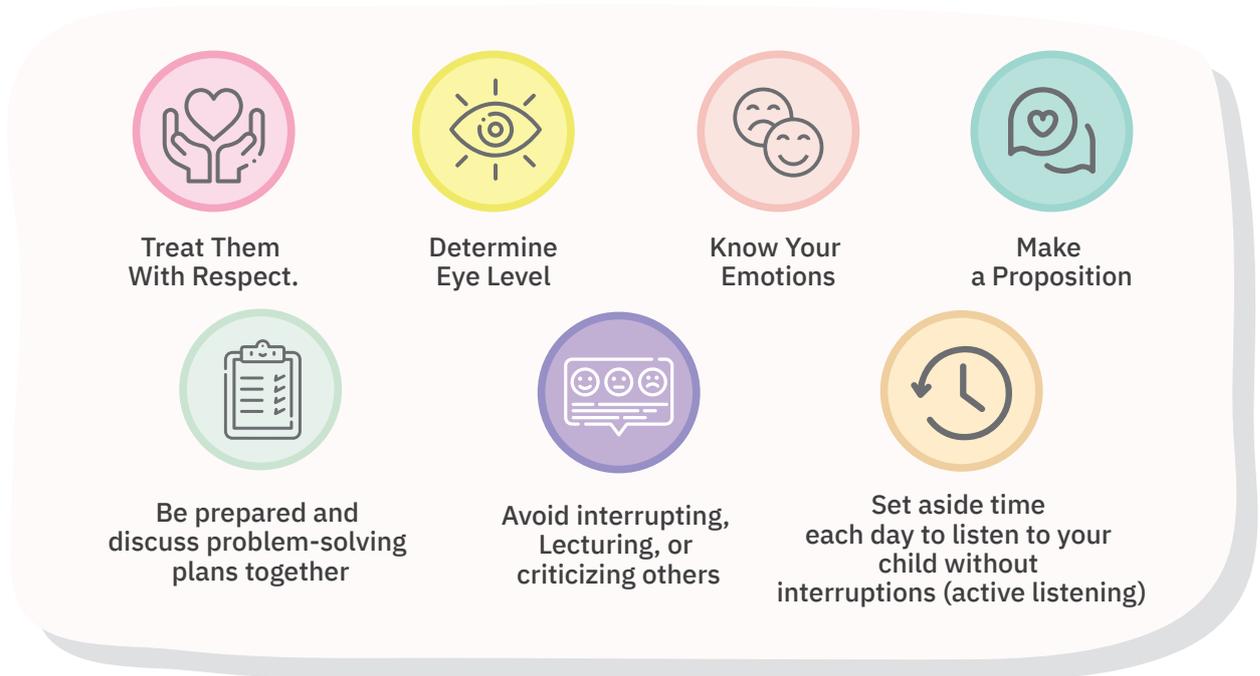
Therefore, you should not just listen to your child, you should do active listening. Active listening means you listen carefully and don't talk over the speaker. You try to understand and reflect on what your child is saying and how they feel. Put away distractions (don't look at your phone or newspaper but pay full attention to your child), use positive body language (nods, eye contact, open posture) to show you're interested, and encourage your child to keep talking by saying "go on" or "uh-huh," and paraphrase what was said to make sure you understood. For example, "From what I hear, you..." Is that right?

## THE BEHAVIOR WINDOW



Source : parent effectiveness training by Dr. Thomas Gordon

## How to Listen so kids will talk



-  **Treat Them With Respect.**
-  **Determine Eye Level**
-  **Know Your Emotions**
-  **Make a Proposition**
-  **Be prepared and discuss problem-solving plans together**
-  **Avoid interrupting, Lecturing, or criticizing others**
-  **Set aside time each day to listen to your child without interruptions (active listening)**

Some suggestions include:

- Whenever possible, try to hear and understand what your child is saying.
- If you have a hectic schedule, carve out some time each day to sit and listen to your youngster.
- When your child expresses an opinion, praise them. Within effective communication, each party takes turns speaking and listening.
- Focus on what they are saying rather than correcting their grammar or finishing their sentences.
- Create a safe space where people can discuss sensitive topics without fear of being judged harshly or blamed.



## Treat Them With Respect.

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“I said NOW!”, “What on earth were you thinking?” The tone speaks more than the words. Who would want their kid to be addressed in this manner? No one! Speaking to youngsters in this demeaning manner is highly inappropriate. We have already highlighted the importance of respect and you being an example for your children. So, maintain a pleasant, even tone and avoid speaking to them in ways you would not speak to anyone else. We understand how frustrating it may be when children don’t listen or act in ways we don’t approve of, but speaking disrespectfully will never inspire collaboration or improve conduct. It just shows kids how to talk badly, which they will probably pick up and use against you or someone else in the future.

## Determine Eye Level

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A child may feel threatened if you tower above them. If you can, stoop down to the child’s level so you can communicate with them on their terms. For some children, this is a great way to relax and open up. Standing at eye level shows you care about the other person and facilitates conversation.





## Empathize

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Think about things from your child’s point of view. Saying things like “it’s not that horrible,” “there’s no need to be unhappy,” “that’s a ridiculous idea,” or “that’ll never work” to our children is a certain way to make them feel that their emotions, views, and ideas do not matter. Showing empathy with words not only makes two-way communication easier but also makes sure that our children are heard and understood. This will help in their psychological development and create a sense of satisfaction.

## Know Your Emotions

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One of the most important aspects of effective communication is the ability to recognize and state one's own emotions. You're setting an excellent example of maturity for your child when you're able to keep your cool and use I-Message to avoid making negative statements about your child or engaging in other behavior that you could come to regret. And without the fear of an angry reaction from you, your child will feel safe talking to you about more serious issues as well.

## Make a Proposition

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If you want to get your point through while also protecting the rights of others around you, you need to learn to communicate clearly, directly, and assertively. Possessing the ability to be firm is crucial while raising children. Children are put on the defensive by aggressive behavior, and they gain too much power through passivity.

Identify exactly the behavior that bothers you (it must be the child's behavior not the child himself), Use "I" phrases, be open about your emotions, and explain is breaching your limits or standards. You may think you know best but in order for your child to learn, you should let the child find the solution. When he knows your concern, see what he can do to support you. This way you are not judging your child but instead, telling them that you are not okay and letting the child help you. As a result of this practice, you both can learn more about each other.

So these were some of the tips and ways for having respectful interactions with your little one that we could provide. Following these and maintaining effective communication with your children will lead to a healthy parent-child relationship.

A young girl with long, light brown hair is shown in profile, looking towards the right. She has a thoughtful expression and her hands are clasped together on a wooden table. She is wearing a yellow shirt. The background is a blurred indoor setting, possibly a dining room or kitchen.

If you really want your children to respect you, let them speak! Give them safespace to say how they really feel without fear of how your pride will react. It doesn't matter if they are always right or "good", it matters that they are allowed to be real with you.

- Brooke Hampton -

## CHAPTER 2

# Effective Communication at Early Stages

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Communication is the mainstay of any reasonable relationship. There is no question that any effective communication needs to be done with etiquette. When it comes to your children you need to take care of certain aspects. It takes a different approach at different stages of their lives. Let us break it for you in this chapter.



# Communicating Effectively with Your Infant

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Communication that is warm, compassionate, and responsive may help infants and young children feel safe and secure from the moment they are born. The result is that the bonds that children have with their parents and caregivers are strengthened.

Attention to the sound of a human voice is “hard-wired” into a baby’s brain. They can only learn the language by hearing it being spoken. Your child will react to you with sounds, facial expressions, and body language long before they can create comprehensible words. Because of the importance of a child’s emotional and social environment to their growth and development, it is crucial that adults communicate effectively with children.

As a parent, there are a number of ways you may support your child’s language development via attentive listening:





- Be at peace with the fact that your child will use weeping as their main means of communicating with you.
- Listen and respond sensitively to all kinds of feelings, not only nice voices but also those of anger, embarrassment, sadness, and fear.
- Give your baby or infant your whole attention while you're communicating with them.
- Focus on body language.
- Give your baby plenty of positive reinforcement for producing sounds by looking them in the eye, smiling, and talking to them.



# Communication With Toddlers

A toddler (age 1 to 3 years) is learning to communicate with words now. His vocabulary may be limited to roughly 100 words, and he or she may not be able to link words to form simple sentences. It is difficult for a youngster to acquire grammar and sentence-building skills, so they will make many mistakes. Communicating with them can be difficult for parents. It is a task to be patient and get them to learn how to talk.

The solution to it is “Serve and Return”. Serve and return is a communication process that parents can use to help toddlers learn to talk and communicate. It is not necessary to ‘train’ toddlers to speak. Your kid learns to communicate via regular encounters, particularly with you.

Harvard University Center on Developing Child explains it as when a baby “serves” a cue and you return with an engaging response i.e “return”.

## Serve & Return in 5 steps:



### Notice the serve and share the child's focus of attention.

If he or she makes an expression or points at something, you pay attention to that. This will help you learn about your child and strengthen your bond with them



### Return the serve by supporting and encouraging.

Offer them gentle words or gestures like a hug, nod, or play to let your child know you are noticing the same thing. This way the child feels supported and knows that their thoughts and feelings are heard and understood



### Give it a name.

This will make important language connections. Help them understand the world around them



### Practice beginnings and endings.

Pick your child's signals when they want to move on to a new thing. This way you support them to take the lead



### Take turns. Wait to keep the interaction going back and forth.

Wait and give them a chance to respond at your service. Taking turns will help them get along with people

So you see, it's all about listening in and seeing what your child is interested in while you're with them and continuing the communication through positive feedback. You may in return make a remark or ask a question, and your kid will have time to react. If your youngster points (serve) to an insect in the garden, for example, you may remark (return), "Look at the small green beetle." (naming) "I'm curious about what it's doing." Then watch to see how your toddler reacts. It's important to allow your kids time to find words for their thoughts when you discuss experiences like this with them (wait). It is better to listen to what your kid says rather than pronounce the words for them.

When your youngster reacts, indicate that you're paying attention. You may do this by maintaining constant eye contact and asking things like, "Do you suppose the beetle is going for a walk?" "Yes, there you have it!". When you do this, you send the message that you value what your kid is saying. You may also convey this message by connecting subsequent dialogues to your child's experience. For instance, you may point to a picture of a bug in the book and remark, "There's a small beetle." That's the same one we saw today.'

These kinds of simple but meaningful interactions encourage your youngster to communicate more and use more words. They teach your child about speech patterns and encourage them to use words to analyze their surroundings in their critical period.



## RESPECTFUL Communication

by Jantharat Joyce Leang

Here are some everyday ideas to get your child talking and help them learn more words:

- Read and discuss stories together. Toddlers are generally captivated by stories with repetitive wording, catchy rhymes, and bright illustrations.
- Engage in rhymes and songs with your child. This is a wonderful way to help your child pick up on the nuances of language. If you have trouble keeping the lyrics to songs and nursery rhymes in your head,
- When playing with your young child, use descriptive language to explain what's occurring; for instance, say things like, "Push the ball back to Mummy" and "You received the ball!"
- Use both words and things to give your child options. One such scenario involves showing off two pairs of shoes and declaring, "We're heading outdoors." Which shoes would you rather wear, the red boots or the blue shoes?
- Correct your youngster when he or she uses a fabricated term like "gone" in a sentence. Yes, the guy left via that door, for instance.
- For instance, repetition of entire phrases should be used when responding to your toddler's basic word combinations, such as "Dog go away" or "Daddy come here." For instance, to get rid of the dog, for instance, "You want Daddy to make it go away?"





You can encourage your toddler's language development in many ways, such as:

- Instead of correcting your child's grammar, focus on actively listening to what he or she has to say.
- Give your child plenty of time to complete a sentence.
- Avoid sighing or tapping your foot as a sign of impatience.
- Please respond to all inquiries in plain English.
- Dedicate some time each day to having one-on-one conversations with your child.
- A youngster who interrupts adults on a regular basis may be feeling ignored.

## Communication With Your Older Child

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Similar concept to above, your child is now grown. He or she has got command over their sentences. Talking with your child is something you do on a regular basis. But, let's face it, we're all busy as parents, and it's easier to keep the discussion with our children light so we can move on to the next item on our "to-do" list.

There is a time and place for a casual talk in everyday life, but there are also moments when your child needs you to tune in and listen more intently. Your child will not tell you this, but he or she needs you to dig into their inner life from time to time to find out what they are thinking and feeling. This will not only help them and you understand their feelings better, but it will also build your connection with them. They will feel that you understand them better since you spent the time and effort to really care for them.

By the time your child reaches the end of primary school, their language skills and capacity to communicate ideas have greatly increased. They even modify their words to fit the situation. In front of a teacher, children may talk more formally than they do with family and friends.





Here are some ways you can help your older child communicate,

- Set aside time each day to listen to your child without interruptions (active listening).
- If your child prefers to respond with ‘yes’ or ‘no,’ consider asking open-ended questions such as, ‘What was the nicest part about school today?’
- Allow your children to disagree with you and appreciate their point of view.
- Avoid interrupting, lecturing, or criticizing others.
- Have regular, in-depth conversations with your child about everything.
- Be prepared and discuss problem-solving plans together.

This will help resolve conflicts as well. It is important to note here that active listening and problem-solving by I-Messages are helpful when there are need conflicts between parents and children e.g child being not able to sleep due to parents’ loud talking or vice versa. But what about when the values collide? There are no real effects on either party especially parents in values collision unlike needs collision, so the approach should be different than just confrontational I-Messages. You must express yourself and address it in a less threatening and non-blaming way.

So what we have learned yet is about how to communicate with children of every age. The chapter highlights the brain-building ways for babies and parent-effective training for adults. We hope it was helpful in making you understand how to communicate effectively and what are the ways to react in different situations.

## CHAPTER 3

# Approach Towards Young Children

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Self-esteem is essential for healthy living and personal happiness. It may be described as our view of our own worth as a person in relation to our job or life in general. Children with high self-esteem are more confident, and happier, have a more positive mentality, are better able to deal with errors or failure, and are more willing to do their hardest. Self-esteem may evolve from infancy through adulthood. In reality, a child's self-esteem can help them grow up and do well in a world that is hard and always changing, no matter what problems they face along the way. They will sympathize with people and value their viewpoints. Self-esteem helps teach values like thoughtfulness, compassion, being decisive, helpful, and kindness to others.





People that have high self-esteem are positive, and confident, can accept errors, cope with setbacks, empower others, and can transform mistakes into opportunities.

Having said that, we must remember that every child is unique, and some may have poor self-esteem. The conditions or obstacles people face in their daily lives might diminish their self-esteem. However, even if your child has poor self-esteem, it may be improved! Adults may have a significant impact on children's self-esteem development.



Positive, encouraging words help children to feel confident and happy. Suggestions include:

- Take note of when they are doing well. Reward them for cleaning their rooms or taking turns. Praise fosters positive behavior.
- Thank them for assisting you around the home or at the store.
- Express your belief in their abilities. If a child is always told to be careful or they could hurt themselves, they will eventually stop believing in themselves.
- Recognize their efforts as well as their results. A youngster must understand that it is OK to fail.
- Don't assume they know how much you adore them; tell them often.



# Parting Words

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I feel we have no choice but to conclude, that healthy communication between parents and children is essential for healthy development. In this book, we have outlined a variety of ways to build effective communication skills.

These tips will help you connect with your child in a deeper way, fostering trust and mutual understanding. In general, this book provides information about the tips on which parents should work and grow their kids into remarkable adults who are ready to face what comes may in the future. Parents have to prepare their children so that they happily and successfully thrive in this ever-changing world. We have also learned about how to build self-esteem in your young children.

For a detailed guide on skill development, refer to our book on the subject titled - 'Forecasting The Future'.

Thank you so much for choosing this book. We hope that you will find these tips useful and put them into practice. Good luck raising your children



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The Key To The Relationship  
And Success Of A Child

Happy Parent's Happy Kids  
by Jantharat Joyce Leang

