

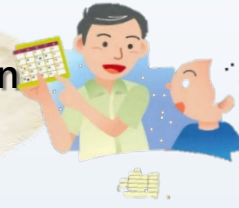
# Attention Deficit/Hyperactivity Disorder: Parent Education Series — Managing Emotions

## Parent-child Communication Made Easy

When there is a good parent-child relationship, children are usually more willing to listen to what their parents teach them.

To build up a good parent-child relationship, it is necessary to employ effective communication skills.

**Talk to your child only when he/she is listening**



For your child to understand what you say, you must first make sure your child listens attentively

**“Please look at me, let’s talk about the time arrangement.”**

Understand your child’s feelings, and make your expectations clear

**“Mum understands that you really want to play with the toys, but we also agreed to follow the daily schedule.”**



**Understand and respond to your child's feelings**

**Use positive words**



Use positive words to reinforce the target behavior

**“You followed the schedule yesterday and completed what should be done and also what you wanted to do. Well done!”**

Make your instructions clear and concise

**“Now, please switch off the TV and start reading.”**



**Simple, direct and clear instructions**

**Give instant positive feedback**



Give prompt feedback using positive words and non-verbal encouragement (such as smiling) to respond to your child's positive behaviors

**“You were willing to switch off the computer and start reading, I really appreciate you.”  
(Then, gently hug your child)**