

PARENTING TIPS DURING THE COVID-19 PANDEMIC

SUPPORTING MY CHILD'S COMMUNICATION

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Praising and Smiling

Praising

- Nurture your child's self-esteem through praise, especially when they behave or perform in ways you want to continue.
- Praise appropriate behaviour during play: "Your drawing is awesome". "Thank you for showing me your drawing".
- Offer enthusiasm "Wow!" "That's great" "Good Job"!



Praising and Smiling

Smiling

- Smiling is known to help us feel good (so is hugging). Mirror neurons ensure that the moment someone sees an emotion on your face, they will at once sense the same feeling in themselves.



Talking and Listening



- Carve out a talk time each day
- Make sure there are no interruptions from chores, electronics or work. A good time for this is often during dinner or before bedtime routines.
- Ask them questions
- What made you happy today? What made you feel thankful?
- Just listen
- No matter what kids are saying just listen. Listen more than you talk and observe them as they talk. If you notice your child is anxious or stressed point it out.
- Maintain eye contact when you talk to your child

Quality Time

- Create moments that might be ordinary for you but children find those moments of face to face interaction **EXTRAordinary**



- Talk to them about things they like or discover their likes by asking
- **PLAY!!!** Play is the best way to connect to younger children as it is how they communicate. Get on the floor and be the dinosaur or princess. Have fun with your creative side. Smile and laugh with your kids.

Why is Praise important?

- Child develops a healthy self-esteem
- Parents see more of the behaviour and values they want to encourage and less inappropriate behaviour
- A positive relationship is nurtured between parent and child and communication flourishes



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Descriptive Praise

- Works by helping children with positive attention they need, by helping parents see the positive rather than focusing on the negative.
- Example: Great you didn't interrupt me while I was on the phone
- It is specific and shows real interest
- Focuses more on the effort rather than the achievement.



Special Notes

- Leave a praising note for children to find on their bedside table after they have gone to sleep or in their lunch box.



The Pasta Jar

- Keeping a pasta jar handy is a great way to remind yourself to descriptively praise children. When they are doing the right thing acknowledge it with Descriptive Praise – make it physical and visible with a Pasta Jar. **NEVER EVER** take away the pasta- They have earned it so it cannot be removed.



Thank you!

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