

FEBRUARY

NEWSLETTER FOR PARENTS

Connecting and Communicating with Your Child

Children of all ages need parents who are warm, responsive, and attentive. Feeling safe, heard, and valued strengthens a child's ability to connect and communicate.

While some children easily express their thoughts and emotions, others may appear withdrawn, distracted, or reluctant to communicate. This is normal. Strong communication grows through everyday moments of connection.

How Parents Can Build Connection

Give positive attention

Spend time doing activities your child enjoys—games, puzzles, reading, or play. Even short moments of shared attention show your child that they matter.

Tune in to emotions

Notice when your child is upset or frustrated and help name those feelings. Understanding emotions supports self-regulation and healthy relationships.

Listen actively

Pause what you are doing, make eye contact, and show interest. Simple responses like “Tell me more” encourage communication.

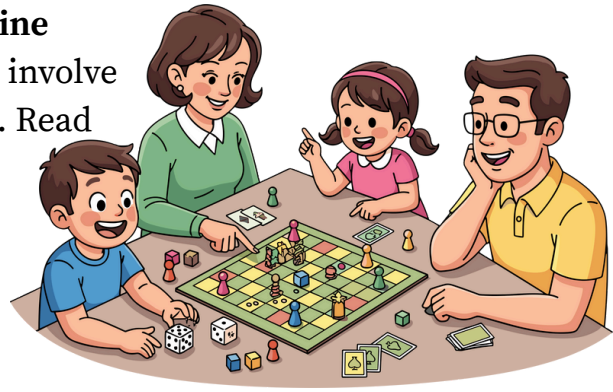


Encourage curiosity

Be patient with questions and interests. If you do not know the answer, explore it together. Honest, age-appropriate responses—especially to difficult topics—build trust and openness

The Power of Play and Routine

Play simple games that involve turn-taking and cooperation. Read together regularly to strengthen bonding and spark imagination. Family routines matter. Shared meals, helping with



household tasks, and regular family rituals create belonging, responsibility, and confidence.

Connecting with Children Aged 5–8 Years

As children begin school, they grow more independent but still need reassurance, approval, and emotional support. At this age, conversations deepen, interests expand, and friendships become important.

Your child will rely on you for guidance as they navigate social challenges. Even as they admire teachers or coaches, you remain their most important source of security and values.

A strong parent-child relationship is built by tuning into feelings, encouraging positive behaviour, and helping children understand others' perspectives.



Staying Connected with Pre-Teens and Teenagers

As children grow, connection may look different—but it remains essential.

Show interest and warmth.

Ask thoughtful follow-up questions and be available for shared activities your child enjoys.

Maintain family structure

Clear family rules, shared meals, and family traditions and strengthen relationships.

Communicate with care

Avoid overwhelming your child with questions when your child is tired. When they are ready, ask simple questions to start conversations.

Build connection through everyday moments.

Car rides, shared activities, or casual conversations can open the door to meaningful communication.

Listening That Builds Trust

Active listening tells your child, “You matter.”

- Give full attention.
- Ask clarifying questions.
- Maintain eye contact.
- Listen without interrupting or judging.

These simple practices strengthen trust and keep communication open at every age.

The ultimate prize for a child is to feel connected to her parents, and the way to connect is to communicate daily. Engage, question, share, witness, and show that you care about your children by expressing interest in what they care about.