

COMMUNICATING AS A PARENT

Many people (friends, grandparents, educators, caregivers, etc.) play a role in the lives of 2- to 5-year-olds. Good communication with these individuals can help you with everyday challenges.



Talk to your family and friends

Explain the values and rules you believe in

while staying open to other ways of doing things.



Discuss concerns and any new developments with your child

"These days, he doesn't eat much. I wonder why." "She started peeing on the potty yesterday."



Ask for help

Advice, prepared meals, errands, babysitting... Community organizations also provide services. "I need to rest. Can you help me?"



A loving environment will help your child gain self-confidence.

They will learn to communicate, develop relationships with others, participate in society, etc.

Is something wrong?

Let it blow over

Avoid arguing or criticizing each other in front of your child—it can make them feel insecure.



Other people's judgment can make us doubt ourselves

Believe in yourself and trust that you know what works with your child.

Speak calmly and openly

To the other parent:

"I've noticed that you take time for yourself when I bathe the kids. I'm disappointed because I'd like to relax too. I'd like us to take turns doing this task. What do you think?"

To their educator:

"My child says that Zoe hits her. Were you aware of this? Could you keep an eye out for me? I told her to tell you if it happens again. Is that okay with you?"



As a parent...



Who can I talk to without feeling judged?

How do I communicate with others? **Partners, family members, neighbours, etc.**

How do I see my role and the role of others in **my child's life?**

