

# Communication Tips for Parents and Kids

## 家长与孩子加强沟通的建议

"You never listen to me" is a complaint heard as often from children as parents. Good communication helps children and parents to develop confidence, feelings of self-worth, and good relationships with others. Try these tips:

“你从来就不会听我说”这是孩子也是父母抱怨时经常说的一句话。良好的沟通有助于家长和孩子增强信心和自我价值感，改善相互的关系。你可以试试下面的建议：

- Teach children to listen... gently touch a child before you talk... say their name.
- 教孩子学会倾听...在谈话前先轻轻地抚摸一下孩子...然后叫他们的名字。
- Speak in a quiet voice... whisper sometimes so children have to listen... they like this.
- 说话时要轻声细语...有时还应在孩子的耳边悄悄地告诉他们这样孩子必须得听进去...他们也喜欢这样。
- Look a child in the eyes so you can tell when they understand... bend or sit down... become the child's size.
- 说话时直视孩子的眼睛这样你才能让辨别他们是否听明白了...弯下腰或者坐着...回到孩子的高度。
- Practice listening and talking: talk with your family about what you see on TV, hear on the radio or see at the park or store. (Talk with your children about school and their friends.)
- 练习倾听和表达：和家人一起谈论所看的电视节目、所听到的电台内容或在公园里或商店里的所见所闻。（和孩子一起谈论学校以及他们的朋友）
- Respect children and use a courteous tone of voice. If we talk to our children as we would our friends, our youngsters may be more likely to seek us out as confidants.
- 尊重孩子，要用礼貌的语气与孩子对话。如果我们能像和朋友一样与孩子聊天，我们的孩子会更有可能把我们当成知己。
- Catch children and teens being good. Praise them for cooperating with you or their siblings, or for doing those little things that are so easy to take for granted.

- 发现孩子们的优点。孩子们与你或他们的兄弟姐妹们一起合作时，应该受到表扬。当他们做了一点点不值得一提的容易的事情时也应受到表扬。
- Use door openers that invite children to say more about an incident or their feelings. "I see," "Oh," "tell me more," "No kidding," "Really," "Mmmhmmmm," "Say that again, I want to be sure I understand you."
- 引导孩子们说更多的琐事及他们的感受。可以使用下面的用语：“我懂了，”“哦，”“再说一点，”“别开玩笑啊，”“说真的，”“唔，”“再说一遍，我想知道我是否明白你说的话。”
- Praise builds a child's confidence and reinforces communication. Unkind words tear children down and teach them that they just aren't good enough.
- 赞扬会增强孩子的信心也会加强与家长的交流。负面的话语会挫伤孩子，也会让他们知道做得不够好。
- Children are never too old to be told they are loved. Saying "I love you" is important. Writing it in a note provides the child with a reminder that he can hold on to.
- 无论孩子多大，都应该让他们知道他们是有人爱的。说出“我爱你”非常重要。把这句话写在纸条上能提醒孩子要时刻坚信这一点。
- Give your undivided attention when your children want to talk to you. Don't read, watch TV, fall asleep or make yourself busy with other tasks.
- 当孩子想和你说话的时候，你千万别分心。这时候千万别读书、看电视、睡觉或忙于其他事情。