

Age-Appropriate Communication Techniques

0-2 Years

- Touch is the first form of communication
- Use tone and body language to enhance what you say.
- Respond to baby talk with conversation.
- Talk to your child even if they don't understand.

3-5 Years

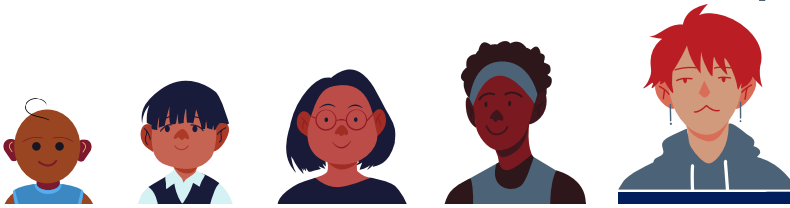
- Give your child your complete attention.
- Watch your tone and body language.
- Help your child to put words to his emotions.
- Offer limited choices and simple explanations

6-11 Years

- Make time to talk
- Speak to your child in a respectful manner
- Ask specific questions to learn more and to keep children talking
- Listen without contradicting; then repeat what you heard
- Allow your child to have some input in family rules.
- Laugh with your child and admit your mistakes.

12-18 Years

- talk with your teen - not at him.
- Show respect to your teen's opinions.
- Find opportunities to talk (car rides, walks)
- Respect your teen's privacy and keep their confidences.
- Show that you trust your teen - it will encourage them to confide in you.
- Be yourself. A teen is old enough to respect you as an individual.



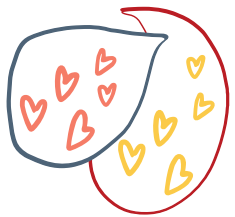
5 Love Languages - Which do you speak?

Love Language

Actions

Communication

Avoid



Words of Affirmation

Spoken words
Written cards
Letters

Encouragement
Compliments
Affirmations

Emotionally harsh words
Undue criticism



Quality Time

Taking trips
Going for walks
Doing things together

One-to-one conversations
Quiet places with no interruptions

Isolation
Gaps between time together



Gift Giving

Giving gifts
Giving small tokens
Remembering special events

Private giving of gifts
Pleasant facial expressions

Materialism
Forgetting special events

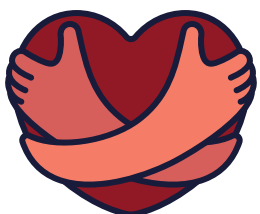


Acts of Service

Helping with tasks
Acts of kindness

"what can I do for you?"
"I can stop and get..."

Forgetting promises
Over-commitment
Ignoring



Physical Touch

Hugs
Sitting close
Pats on the arm or back

Pleasant facial expressions
Non-verbal positive expression

Physical punishment
Neglecting physical response

适合年龄的沟通技巧

0-2 岁

- 触摸是第一种交流方式
- 使用语气和肢体语言来增强你说的话。
- 用对话回应婴儿语。
- 与您的孩子交谈，即使他们还不能听懂。

3-5 岁

- 全心全意地关注您的孩子。
- 注意你的语气和肢体语言。
- 帮助您的孩子用语言表达他的情绪。
- 提供有限的选择和简单的解释。

6-11 岁

- 抽出时间交谈
- 以尊重的方式与您的孩子交谈。
- 问具体的问题以了解更多信息，让孩子持续话题。
- 聆听而不反驳；然后复述你听到的话
- 允许您的孩子参与制定家庭规则。
- 和孩子一起发笑，承认你的错误。

12-18 岁

- 与您的孩子交谈 - 而不是高高在上地说话。
- 尊重孩子的意见。
- 寻找交谈的机会（乘车、散步）
- 尊重您孩子的隐私和保持信任。
- 展现您信任他们 - 这将鼓励他们向您倾诉。
- 做你自己。青少年已经足够大地，去尊重作为一个个体的你。



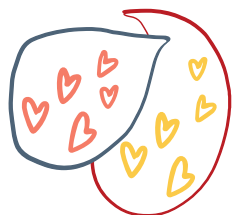
5 种爱的语言 - 你说哪种

爱情语言

行动

沟通

避免

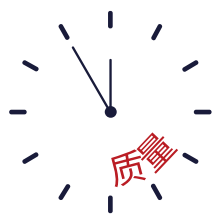


肯定的言语

口头语
卡片
信件

鼓励
赞美
肯定

情绪化的
刺耳的话
不当批评



高质量的
时光

出游
散步
一起做事

一对一对话
无人打扰的安静
场所

孤立
间断地在一起



赠与的礼物

赠送礼物
奖励代币
记住特殊事件

私下赠送礼物
令人愉悦的面部
表情

物质主义
忘记特殊事件

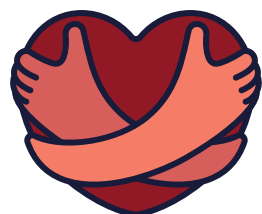


服务式行为

帮助完成任务
善意的行为

“我能为你做
什么？”
我可以停下来，
拿.....”

忘记承诺
过度承诺
忽略



肢体接触

拥抱
挨着坐
拍拍手臂或背部

令人愉悦的面
部表情
非语言的正面
表达

体罚
忽视身体
反应