

Talking
with our
children



Effective Communication



Tips
Strategies
&
Conversation
Starters





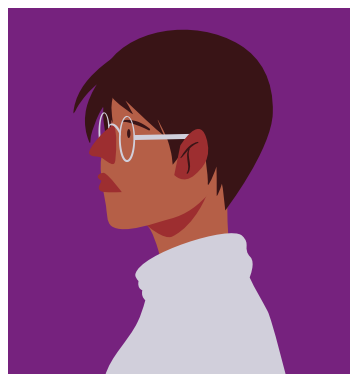
与我们的
孩子
交谈



有效沟通

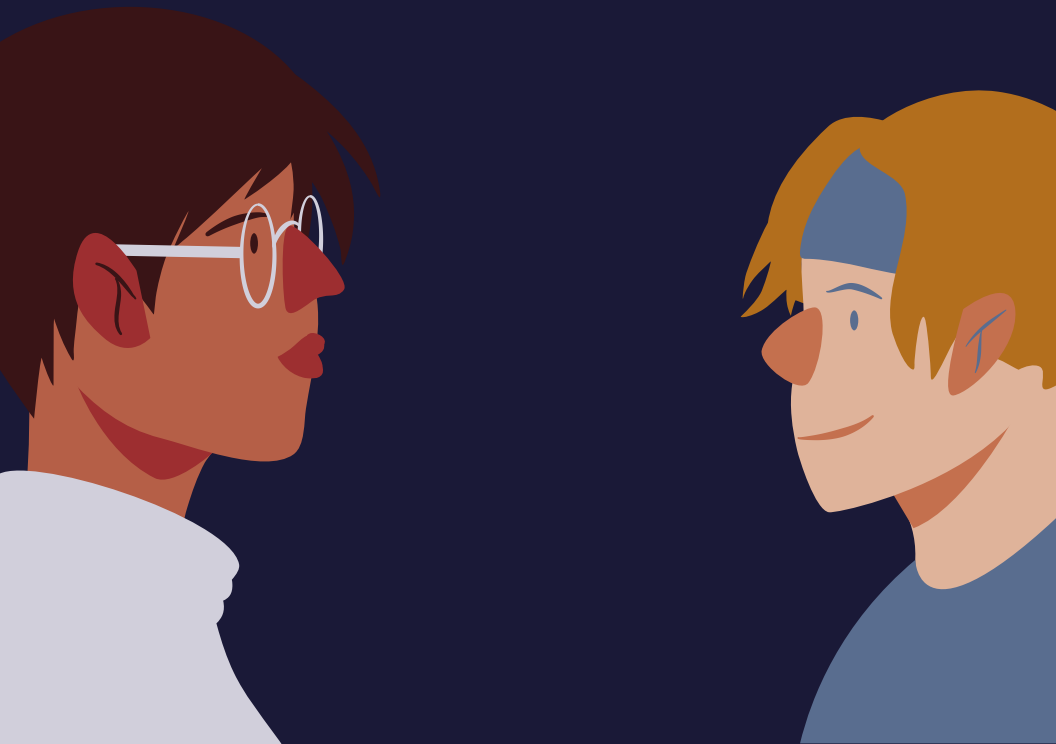


贴士
策略
和
对话起始句



tips

Build your
emotional bond
to strengthen
mutual respect.



贴士

建立您和孩子的情感连结以加强相互的尊重。



tips

Learn to
recognize your
child's emotional
expressions.



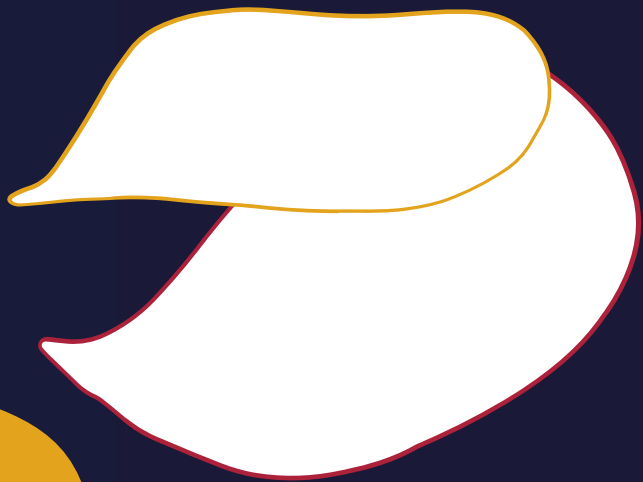
贴士

学会识别孩子的情绪表达。



tips

Help your
children label
their different
emotions to build
their emotional
language.



贴士

帮助您的孩子标识
他们不同的情绪，
以建立他们
的情感语言。



tips

Talk WITH your
teen, not AT
them.



贴士

与您的孩子交谈，
而不是高高
在上地说话。



tips

Set limits on how
much you help
your child
problem-solve an
emotional
experience.



贴士

适当限制帮助孩子
解决情感问题
的程度。



tips

Be intentional
about spending
time together.



贴士

有意识地花时间
在一起。



tips

Keep your own
emotions under
control.



贴士

控制好自己
的情绪。



tips

Respect privacy
and confidences.



贴士

尊重隐私和信任。



tips

Be mindful of
your tone and
body language.



贴士

注意你的语气和
肢体语言。



tips

Admit to your
own mistakes. Be
willing to laugh
at yourself.



贴士

承认自己的错误。
愿意自嘲。



strategies

Role-play
difficult social
situations.

Pretend you are...
and I will be...



策略

角色扮演困难的
社交场合。

假装你是.....
我是.....



strategies

Create
Parallel Position
Moments
(walking, riding in
a car, at bedtime)
to encourage
conversation.



策略

创造

平行的位置时刻

(走路、坐车、睡前)

以鼓励对话。



strategies

Active Listening:
Get down to
your child's level



策略

积极倾听：
降低到孩子的高度



strategies

With younger children, offer limited choices and simple explanations.



策略

对于年幼的
孩子，提供有限
的选择
和简单的解释



strategies

Active Listening:

Repeat back to your child what he has been saying or feeling to make sure you understand.



策略

积极倾听：
复述孩子的话
或感受，
以确保你能理解。



strategies

With babies,
respond to baby
talk with
conversation.



策略

对待宝宝，
用正常的对话来
回应婴儿语。



strategies

Active Listening:

Stop doing other things and give your child your full attention.



策略

积极倾听：
停止做其他事
情，给孩子全部
的注意。



strategies

Listen without
contradicting or
interrupting.



策略

聆听时不要反驳
或打断。



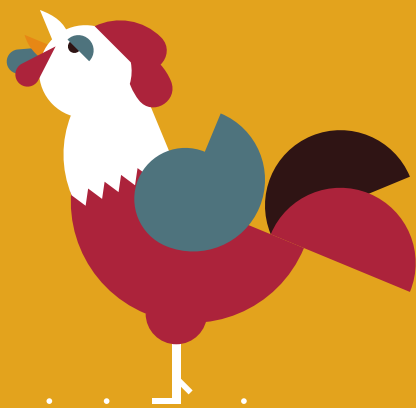
strategies

Play
"High-Low-Buffalo"



策略

玩
“高低大公鸡”



conversation starters

Tell me
something that
made you laugh
today.



对话起始句

告诉我今天让你
大笑的事情。



conversation starters

Which games did you play at recess?



对话起始句

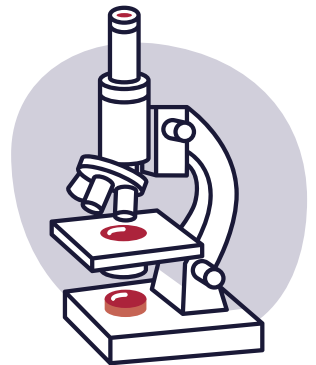
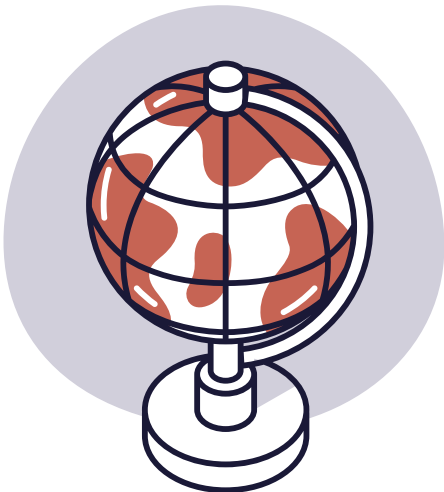
你在课间休息时
玩了哪些游戏？



conversation starters

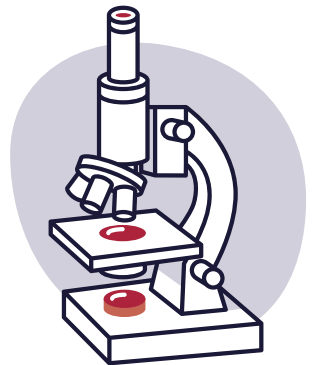
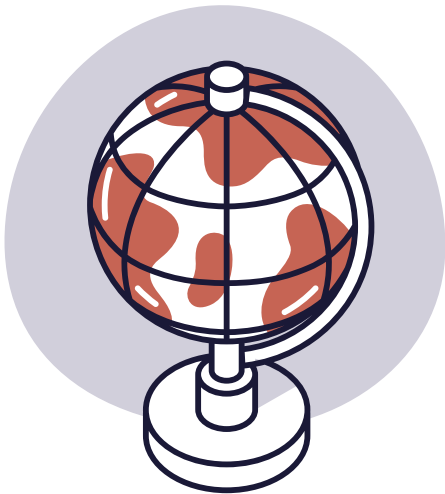
Did you learn something new today?

Can you tell me about it so I can learn too?



对话起始句

你今天学到新东西了吗？你能告诉我吗，这样我也可以学习？



conversation starters

Was there anything that made you sad today?



对话起始句

今天有什么让你
伤心的事吗？



conversation starters

What are you
looking forward
to at _____
tomorrow?



对话起始句

你期待明天发生
-----?



conversation starters

Tell me about something kind you did for someone today. Did someone do something nice for you?



对话起始句

告诉我你今天为
谁做了什么好事。
有人为你做了友
好的事情吗？



conversation starters

Did you do anything you that you don't enjoy today?
Why don't you like it?



对话起始句

你今天做了什么
你不喜欢的事
吗？你为什么
不喜欢它？



conversation starters

Is there anything
you heard at
school today
that you don't
understand?



对话起始句

你今天在学校听到了什么你不明白的事情吗？

