**Top 10 Strategies to Facilitate Child Communication**

*Below are 10 strategies you as a parent can use daily to facilitate good communication skills in your child.*

1. Get on your child’s level.

*If your child is shorter than you, kneel down so you are at eye level with him or her during communication.*

1. Actively listen to your child.

*Make eye contact with your child and be attentive as he or she speaks.*

1. Display signs of verbal and nonverbal listening.

*Say “yes” or “mhmm” as your child speaks, nod your head, and make facial expressions to show signs of listening.*

1. Ask questions to encourage your child to have open communication.

*When your child is telling a story, ask questions to get more details.*

1. Teach your child not to interrupt while someone else is speaking.

*If your child interrupts you, ask him or her politely to not do that and calmly explain that interrupting is disrespectful to the speaker.*

1. Verify that your child listens to you.

*While telling a story, ask your child questions to gain verification of listening.*

1. Use “I” phrases related to how you think and feel.

*Say things like, “I like it when you use your words” and “It makes me feel happy when you give me a hug” to show how to describe feelings in a positive way.*

1. Help your child develop a wide vocabulary.

*Use increasingly difficult words when speaking to your child so that his or her vocabulary may grow.*

1. Teach your child the importance of body language and facial expressions.

*If your child is slumping in his or her chair or fidgeting, explain to him or her that this appears to others as being disinterested or even rude.*

1. Practice assertive communication techniques with your child.

*Teach your child how to be assertive rather than passive or aggressive by giving your child examples of situation for practice. For example: “If you asked for a cookie with no nuts, but someone gives you one with nuts, what would you say?”*