## 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 vour child.

#### Speak calmly and openly

#### To the other parent:

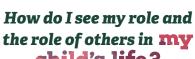
"I've noticed that you take time for yourself when I bathe the kids. I'm disappointed because I'd like to relax too. I'd like us to take turns doing this task. What do you think?"

#### 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?"



Who can I talk to without feeling judged?







child's life?

