

# 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 your 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?"**



## As a parent...



**Who can I talk to without feeling judged?**

**How do I communicate with others? Partners, family members, neighbours, etc.**

**How do I see my role and the role of others in my child's life?**

