

# INSIGHTS

by Michael Grose - Australia's leading parenting educator



## How to talk more with your kids

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If you were to focus on one thing to give your child an advantage then do what should come naturally – talk with them.

The links between school achievement and parents' ability and propensity to engage in conversation with kids from a young age is indisputable.

The language stimulation they receive when they talk with parents is one factor. The language of first borns is generally more extensive and richer than their siblings who spend less time in one-on-one situations with a parent.

But engagement in conversation with parents benefits kids in a far broader sense. It is trite to say that kids learn a great deal from their parents but, in fact they do when we talk with them.

In many ways it is through conversations that kids get a real sense of us and who we are. It is by talking with kids that we impart some of our knowledge, ideas, wisdom and thoughts as well as how we get a window into their worlds and how they think.

Getting conversations going with kids can be a massive challenge. Busy schedules, homes designed for individual enjoyment rather than group living, and kids that clam up are some of the blockers to conversation that parents meet.

So you may need to be a little cunning, a little proactive and a little inventive to get some chat going at home.

*Here are five ideas to help you get more conversation going in your family:*

- 1. Turn off the TV (and other screens).** Most homes have a range of electronic screens that you compete with to get their attention. Don't be afraid to take control of those screens and create a little conversational space. Start with a screen-free day each week or screen-free hour each day if you are a home full of screen junkies.

- 2. Turn on the TV (and other screens).** If you can't beat them, join them. Some television programs provide great conversational fodder particularly for older children and teens. This can range from "who's going to win Australian Idol?", "what happens to the winners of Australian Idol?" to "what is the point of Australian Idol?"
- 3. Have more mealtimes (with the TV off).** The family that eats together talks together...or they should. I have a theory that families with a strong food culture (i.e. they love food and value the whole eating experience) have strong bonds. So make mealtimes special and insist that kids sit until everyone finishes rather than they eat all their peas. Avoid turning mealtimes into food fights that you can't win.
- 4. Move more.** If sitting and chatting is not your child's thing then try getting them up and moving. Boys will often talk when they walk or play so consider getting some action happening. When their hands are busy the tongues will often loosen up.
- 5. Try shoulder-to-shoulder parenting.** Sitting together in a car, washing dishes and playing a game can provide opportunities for talk. Take the eye contact out of the equation and you may find the talk just flows with some kids.

Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens. It seems to me that the best communication in families happens when no one is working at it BUT in busy modern families you do need to work at communication. That is the way of it. You have to work hard at family.

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