



Talking with Kids: How to Improve Communication and Your Relationship

Alison Mulvaney

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Parents communicate many things to their children. As the first and most enduring role models, parents set goals and teach values. Successful communication between parent and child is also one of the cornerstones of good family relationships - but it is not always easy. In all families, different patterns of communication develop, and sometimes they can break down, causing conflict and unhappiness. Effective communication with your children is not just about getting them to listen to you - but also really listening to your children. In this book, Alison Mulvaney shows you how to do just that. Using exercises, case studies and dialogue examples, she examines classic communication patterns and the most common barriers that prevent us from learning, changing and developing new skills. In practical terms she explains the fundamentals of establishing good communication with your children, including how to focus and use active learning, and how to implement win-win resolution strategies. In addition she shows how to motivate your children and build their self-esteem, and provides methods for teaching them important life values.

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