

# Help Your Child Communicate – Online and Offline

Good communication includes **speaking** and **listening** skills. Today, emailing, texting and social media keep our kids in touch with family and friends. In fact, many carry on several digital conversations at one time.

Talking is becoming a lost art. Our kids can lose this social skill needed for family and work success. Does your child have the social skills to talk to others face-to-face?

## Parents can provide simple, daily talking activities:

- Suggest he tells stories. Ask him to talk about a school or family event.
- Let her order her food at a restaurant.
- Urge him to talk with the cashier at a store.
- Discuss a current event at mealtime or while car-pooling.
- Ask her open-ended questions. *“What do you think about.....?”*
- Give him directions or tell him a story. Then ask questions about what you said. You will learn if he has good listening skills.
- Play board games with family and friends.
- Use basic manners like *please, excuse me, thank-you* and *I’m sorry* – daily.
- Model the use of “I”-messages to voice concerns. It makes it easier for the other person to help solve a problem.
- Stop her from interrupting. Teach her to wait for her turn to talk.



*Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital  
to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

*Revised 2017*

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