



Communicating With Your Child

Letting Your Child Know You Understand



All Behavior is Communication

When caregivers notice what a child is trying to tell them, saying it out loud helps the child learn the words you want them to use. Tuning into how the child feels also helps them learn the right words for their feelings and emotions.



First,

Calmly name the feeling you see.

Then,

Let your child know you understand what they are telling you.

You feel excited ...



...“You want to see grandma today.”

You feel sad ...



...“You want to stay at the park.”

You are jumping and feel happy ...



...“You see your friend at school.”

I hear you singing that song ...



...“That’s your favorite song from school.”

You feel frustrated ...



...“You are done eating and want down.”

You feel angry ...



...“Your sister took your toy and you want it back.”

You seem scared ...



...“That fire truck was too loud.”

You look sleepy ...



...“You ran a lot at the park.
You got tired.”

I think you’re hungry ...



...“You want to eat.”

Take the time to understand your child’s message and say what they would say if they could say it.



Family, Infant and Preschool Program
of the
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