

Title:

The Art Of Getting Your Kids To Talk To You

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614

Summary:

Being a parent isn't easy. Some days just getting everyone in your family all together at the

Today's children have more things to deal with than kids did even twenty years ago. Drugs, vio

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Article Body:

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So how, in the midst of all this chaos, do you find time to talk to your kids -- and more impo

Here are several ideas that can help:

1. Eat dinner together as a family at least three times a week. Conversations flow easier when
2. Turn off the outside world. Set aside "family time" each night and have everyone turn off t
3. Cook at least one meal a week together. Even your youngest children can do something to hel
4. Make it safe for your kids to talk to you. Let them know that you won't get angry or upset
5. Listen to what they have to say. If you're working, or doing something else when your child
6. Use active listening skills. Make sure that you understand what your child is telling you.
7. Set aside special time to spend with each child. It may be nothing more than taking one chi
8. Be patient. Don't expect a "perfect" family. If you're not June Cleaver and your husband is

Just keep trying, and you'll learn the art of conversation with your kids isn't as hard as you

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