

# Let's talk

This week has all been focussed around 'talking'.



Since the children returned to school last week, they have been very hyped up. I have no idea why? They were amazingly good over christmas, when I would have expected them to be sky high, but now we have returned to 'normality' (whatever that is), they appear to have rocketed!

Because of this, I have personally been trying to think about how I talk to them, especially since reading this post from Rediscovered Families. I believe if I can maintain a lower level of speech, with lots of encouraging words and phrases, they are more likely to respond in a positive way, than using negative ones. However, this is easier said than done, when they refuse to listen to a word I say!

I also have been spending time this week talking to my children, attempting to find out reasons for certain things going wrong. I have tried to stay calm, even though, inside I am screaming. It can be very difficult to get children to talk about their worries and fears, they don't have the language and emotional development to understand how to verbalise their feelings. All I can do is keep trying and be patient and understanding.

Using positive phrases is definitely the way to encourage, promote self esteem and positive behaviour in children. They respond so well and are so excited, with smiles beaming across their faces when praise is given. I can see such a difference when positivity is focussed on, everyone is happy all round.

This is what I want for my children, therefore, I aim to improve on this and try to maintain it as best I can. Let's talk and listen to our children.



Word of  
the Week