



FACT SHEET: Building Better Relationships

The Issue: Communicating With Your Kids

We all have busy lives and taking small amounts of time to really be with and listen to our kids, can create stronger relationships. Each family is unique, so find a way that works for you.

How you talk to your kids is important. Create an open environment where they feel safe to say what they feel. Be honest with them and make sure no topic is out of bounds. Kids need to talk about sex, relationships, drugs, death and everything else, with the people they trust. If they ask the question, they are ready for some information. Use everyday opportunities to talk, initiate conversations with your kids, communicate your values and be open to their views.

Talking With Teenagers

Communication with teenagers can be challenging. Teens want privacy and independence and may find it embarrassing to talk to or hang with their parents. With teens you have to take the initiative. Here are 7 ways to build trust with teens.

- Spend time with your teenager whatever way you can.
- Respect their privacy
- Take an interest in their interests and share yours
- Have faith in them
- Even if they don't seem to need it, be there for them
- Take care of yourself – you are a great role model
- Even if you don't see eye to eye, let them know you care for them

TIPS - 10 things your child needs to know

1. **You love them**, No Matter What. Let your children know you love them unconditionally. Emphasize that they do not always need to be good, successful, or smart for you to love them. Love their successes and failures.

2. **You respect them**. Children deserve respect too! You will teach your children a lot about respecting other people's values and boundaries, when you show them respect.

3. **You support them**. Be supportive in their decisions, as long as it is not something that will cause them harm. Help them towards their dreams and goals.



4. **You listen to them.** Listen without judgement or criticism or talking about yourself. You don't need to understand, relate or like what they are saying. Just listen.
5. **You are happy they are in your life.** Let your child know how much joy they bring. Show them that you value them as they are.
6. **You like them.** Tell them what unique qualities you admire. Encourage them to share their skills and talents with you.
7. **You are interested in them.** Be inquisitive in a good way. Show enthusiasm when they are speaking. Be curious about what they are saying, but don't interrupt.
8. **You want to understand them.** Let your child know when you do not understand what they are going through. Ask them to share, but don't push. Let them come to you on their own free will.
9. **You are thankful for what they do.** Show gratitude for the little things, even if it is their responsibility. Thank them when they do something without you asking.
10. **You want to help them.** If your child needs help, be there.

Help Is a Phone Call Away

If you feel you need some advice or support call the confidential 24 hour helpline 1800 200 526 to talk with experienced counsellors.

For more information check out www.bullyingnoway.com.au

What can I expect when I call the helpline?

Your call will be answered by a person, no answering machines, no recorded messages. The person who answers your call will be an experienced counsellor, not the police, not a government department.

You will not have to give your name, You can request a male or female counsellor.

They can also help connect you to other support services as needed.

Translating and Interpreting Service (TIS) Phone 13 14 50

Hearing Impaired or Deaf Callers phone the National Relay Service 13 36 77 and quote 1800 200 526.