



# Getting To Know Your Child

## Purpose of the Session



Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than parent





How to  
**really listen**  
to your children



# Why Is It Important To Listen To Your Child?

When a child feels listened, he is more likely to listen, and having been understood, he will understand your point of view as well. It helps parents and children form stronger bonds and relationships, and builds their self-esteem.







# How Can Parents Improve Their Listening Skills?

- Practice active listening
- Place yourself in your child's shoes
- Be present physically and mentally
- Notice your child's body language
- Show curiosity and have an open mind



Refrain from  
lecturing

01

Be  
receptive &  
open

02

Listen to  
their stories

03

Never judge,  
criticize or  
blame

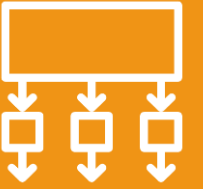
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# Tips On Talking To Your Child And Listen To Him





# Motivate Your Child



- Set Goals



- Make a Plan



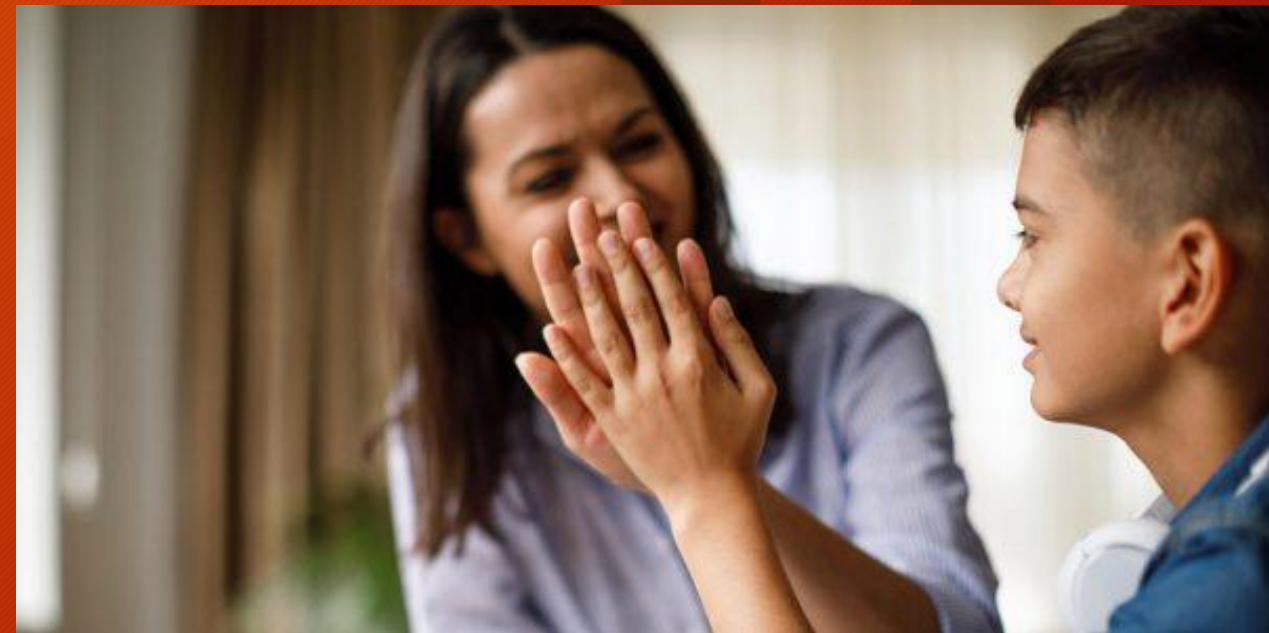
- Celebrate Accomplishments



- Encourage Them



- Remain Positive



# Punishment Vs. Rewards



Rewards:

Pros: Motivation, Enthusiasm, Exploration

Cons: Having reward as only motivation



Punishment:

Pros: Discipline, Rules, Guidelines

Cons: Negativity, Rudeness, Disobedience





# Good Touch & Bad Touch

Teach your child about **GOOD & BAD Touch**



No Touching Rubbing your Private Parts



You do not touch/rub anyone else's private parts



No pictures when you are naked



No mouth to mouth kissing



No poking inside the underwear



No Secrets - tell everything to Mom

There is **NO EXCUSE** to **ABUSE**

1. Tell them that they can share everything with you
2. Teach body parts to your child early
3. Tell them that their body belongs to only them
4. Use the right language
5. Follow the swimsuit rule
6. Tell them that they can and must say **NO**
7. Teach them to get away from that place
8. Help them understand that they are not at fault
9. Teach them about **SAFE TOUCH**
10. Do not force affection on the child



**Hope, We had a great day learning together!**