

Healthy Communication with Children

Children's behaviors are their way of communicating to each other and to adults as they learn communication skills. So, it's important for adults to see these behaviors differently and try to understand what the child is communicating. Adults have an important role in modeling healthy communication, so children can grow up learning to build positive relationships at their school, at home, and in their communities.

Connecting with Children:

- Try to get as close as you need to and make eye contact
- Show interest in what they are engaged with and encourage them to lead
- Listen to what they're saying and reflect on what they may need
- Use positive body language



Children make a lot of mistakes since they're new to communicating, so adults can help create a safe and positive environment for children to learn. For example, when a child makes a mistake such as hitting their friend, try the following process:

- **Acknowledge the feelings and intention of the child.** *"You look frustrated. You wanted to play with that toy."*
- **Communicate the limit.** *"Please keep your hands to yourself and keep each other safe. Hitting hurts."*
- **Teach a new skill.** *"When you want something, tap them and say please."*



For more information, please contact Early Child Mental Health Consultation at Denver Health:
ecmchcdhha.org