



# Role Modelling Respectful Conversations and Relationships



When your child learns to engage in respectful conversations, they become a better communicator, friend and source of support to others.

**As parents, you are in the best position to role model these skills through daily interactions with your child.**

## Tips

- 1 If you lose your temper with your child, acknowledge it and apologise to them. This models taking responsibility for one's behaviour, which will earn your child's respect.
- 2 Use I-Messages to help your child consider things from another perspective.
- 3 Give your child some time to process their thoughts and feelings before sharing them with you.
- 4 Affirm your child when they show respect while communicating.
- 5 Show your child how to negotiate and come to a compromise.

## Sample Conversations



- 1 I'm sorry I raised my voice at you earlier. I've calmed down and
- 3 would like to continue our conversation if you are ready.

Mum, I just don't understand why you have a problem with me having dinner with my CCA friends. I'm already 13 years old and all my friends are doing it.



- 2 I know that you are upset by this, and that we don't agree. But let me share my views. I feel uncomfortable that you're staying out late with your new friends, because I don't know who they are. That makes me worry for your safety.
- 3 Could you consider that for a moment?

I understand why that makes you uncomfortable, but my new friends are nice people. We are just having dinner.



- 4 Thank you for trying to see where I'm coming from.
- 5 How about introducing me to your new friends? That way, I can feel more assured that you are safe when you spend time with them.

**Tip:** Text messages cannot accurately convey tone, emotions and body language, and can be easily misinterpreted by the recipient. When sending text messages to your child, you should be mindful of how they may perceive your message. Also, avoid sending messages in all capital letters or bold font, even when you are upset with your child's behaviour.