



Nurturing Connection: A Guide for Enhancing Parent-Child Communication

NEWSLETTER

Empowering Parents for Lifelong Conversations

In the intricate dance of parent-child relationships, effective communication is the melody that harmonizes our connection. As we navigate the unique dynamics between parents and children, particularly during high-stress scenarios like holidays, let's explore strategies to strengthen communication bonds.

Picture this:

Ever found yourself in the midst of a critical conversation with your child, only to have miscommunication cast its shadow? If that sounds familiar, you're not alone. Parent-child communication can often feel like navigating rocky terrain, where misunderstandings and tensions can take root. But fear not, for equipped with effective communication skills, we can transform these challenges into opportunities to strengthen our parent-child relationship and sail smoothly through the waves of understanding.

MASTERING THE BASICS – KEY PILLARS OF PARENT-CHILD COMMUNICATION:

- **THE SYMPHONY OF LISTENING:**

Effective listening forms the heartstrings of understanding. Concentrate on what your child is expressing, maintain an open mind, and attune yourself to the emotions conveyed. By truly hearing their thoughts and feelings, you lay the foundation for a deeper connection.

- **EXPRESSING WITH CLARITY AND COMPASSION:**

Before sharing your thoughts, take a moment to listen to your own feelings. Clarity stems from introspection, allowing you to articulate your message with honesty and constructiveness. Speak with compassion, fostering an environment where your child feels heard and valued.

- **DANCING WITH BODY LANGUAGE:**

Nonverbal cues create a silent dialogue that speaks volumes. Pay attention to your child's subtle movements, gaining insight into how your message is received. By understanding their unspoken language, you forge a bridge of understanding.

- **CELEBRATING DIFFERENCES:**

Every child is a unique melody, and recognizing that perceptions differ based on individual backgrounds is key. Step into your child's shoes, tailor your message to resonate with their perspective, and seek feedback to ensure a shared understanding.

- **HARMONIZING CONFLICT RESOLUTION:**

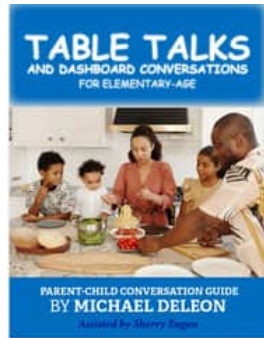
Conflicts are part of the parent-child journey, arising from various sources. Understanding the root causes, whether it be differing perspectives or unresolved issues, equips us to address conflicts constructively. By navigating conflicts with empathy and understanding, we teach valuable lessons in resolving differences.

MORE INFORMATION AT WWW.STEEREDSTRAIGHT.ORG

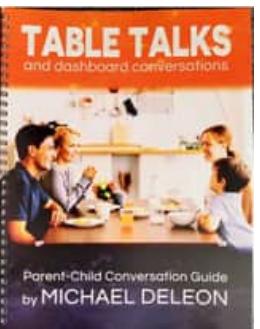
HERE'S TO STEERING OUR SHIPS WITH PURPOSE AND GRACE!



TABLE TALKS & DASHBOARD CONVERSATIONS



THIS BOOK CONTAINS MORE THAN 365, THREE MINUTE CONVERSATIONS THAT WE BELIEVE WILL DEEPEN YOUR PARENT/GUARDIAN-CHILD CONNECTION.



TO ORDER NOW OR VISIT US AT

[HTTP://WWW.STEEREDSTRAIGHT.ORG/DONATE2/TABLE-TALKS-PARENT-CHILD-CONVERSATION-GUIDE/](http://www.steeredstraight.org/donate2/table-talks-parent-child-conversation-guide/)

TIMING IS EVERYTHING!

The ability to connect during moments of pressure becomes a cornerstone of understanding and support. As parents, actively seeking opportunities to communicate with our children is not just a choice but a vital strategy to foster deeper connections in the midst of life's whirlwind.

Life's pressures can create a tumultuous environment, and in these moments, keeping the lines of communication open with our children becomes even more critical. Actively seeking opportunities to engage in conversation, whether it's during a car ride or while washing dishes together, is like weaving threads of connection that strengthen the fabric of our relationship. We must Stay Connected.

Take time to have meaningful conversations. These seemingly mundane activities serve as more than just practical tasks—they are opportunities to delve into meaningful conversations with our children.

The confined space of a car ride or the shared responsibility of washing dishes can create an environment conducive to open dialogue. It's in these moments that we can bridge the generational gap, share thoughts, and build a foundation of trust and understanding.

Car Conversations are great ways to foster deeper connections. Use the time spent in transit to delve into your child's world. Ask about their day, share anecdotes, or explore their thoughts and feelings. The lack of distractions in the car provides an intimate space for meaningful discussions.

Dialogues while dishwashing are great ways to be purposeful in conversation. Engaging in household chores together can transform routine tasks into shared experiences. As you scrub away at the dishes, talk about their interests, dreams, or any challenges they may be facing. This collaborative effort not only lightens the workload but also strengthens the emotional connection.

IN THE FLOW OF DAILY LIFE, LET'S EMBRACE THESE MOMENTS AS OPPORTUNITIES TO NURTURE THE PARENT-CHILD BOND. BY INTENTIONALLY WEAVING COMMUNICATION INTO THE FABRIC OF OUR ROUTINES, WE PAVE THE WAY FOR DEEPER CONNECTIONS THAT WITHSTAND THE TESTS OF TIME.



PARENTS:

AS WE EMBARK ON THIS JOURNEY OF ENHANCED COMMUNICATION, LET'S CREATE A SYMPHONY OF CONNECTION AND UNDERSTANDING WITH OUR CHILDREN.



MORE INFORMATION AT WWW.STEEREDSTRAIGHT.ORG



Family Coaching Corner

Updated Topics and Support for Parents

UNINTENTIONAL MODEL	→	INTENTIONAL MODEL
C Watching a girl in my class talk to her friends		C Watching a girl in my class talk to her friends
T If I could have that life all my problems would go away		T I am working on believing that I can have the life I want without trying to be someone else
F Jealous		F Hopeful
A Get overwhelmed, feeling extra pressure, have anxious thoughts, get distracted from doing work, feel worn out, get sad about where I am in my life		A Feel happier, not so much pressure, more content, not as worn out, better focus on work
R My problems feel bigger and don't go away		R I start to believe that I can be who I want to be

SELF-COACHING MODEL CHEAT SHEET

How to Help a Child in Pain

6 Things you can say to your *Unhelpful Thoughts*



This thought feels painful and urgent but it is just a THOUGHT.

I don't like how this thought is making me feel, so I know it is not useful.

My brain wants to believe this thought, but I do not.

I can find evidence that this thought may not be completely true.

This thought does not align with my goals and values.

THIS MONTH WE ARE FOCUSING ON HOW WE CAN BE THE CHANGE FOR OUR CHILD

If we are going to lecture our children about having a good attitude and managing their anger, then we have to be able and willing to do the same.

This month we are focusing on taking a deep dive down managing ourselves so that we can set the bar for our children!

Have you ever noticed how quick you are to anger when your child disobeys? Or how easy it is to lose control when they they are disrespectful?

Did you know that you have a lot more power over those responses than you thought?

It's easy, really. All you have to do is...replace our negative thoughts with other thoughts that our brain REALLY believes. How do we do this??

Try on some new thoughts to find one that your brain will really believe. Sometimes using phrases such as; "**I want to believe that...**" or "**I am working on becoming someone who...**" or "**It's possible that...**" Can be a good intro into a new thought if our brain is having difficulty really believing something new.

The goal is to allow yourself to feel your emotions and work through your story. We are offering ourselves other ways to think about the situation. We are not in a hurry to change our story. It has to be our decision to see it differently, when we are ready.

When you are stuck on something that is making you upset, poke some holes in your story and see what you come up with.

The most challenging part of doing a model is learning the difference between the **Circumstance & the Thought**.

Remember that **circumstances are neutral** until we have a thought about them. Nothing that happens in life is painful or wonderful until you have thought about it. When we learn how to change a painful thought, the problem goes away.

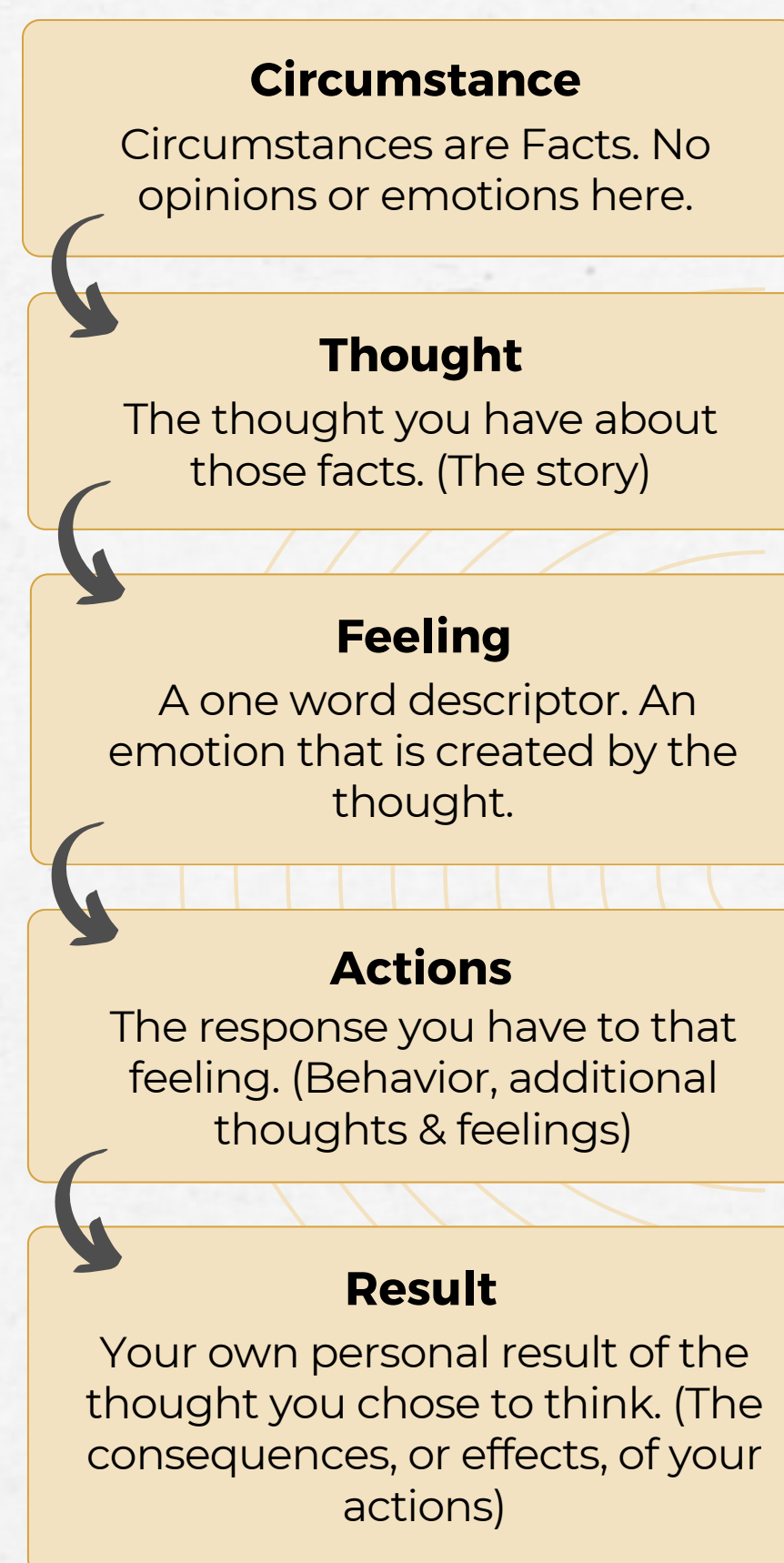
Every problem we experience is just a THINKING problem!

PARENTS:
The model shown here will change your life!



Jheri South
COACHING
PARENTS & TEENS

The Structure of the Self-Coaching Model



MICHAEL R. DELEON



Michael DeLeon is on a mission: A mission to educate youth to stay on the right path when it comes to serious life issues, especially drugs. He has become the #1 booked school presenter in the country and is the nation's leading expert on Vaping and THC.

Michael is the founder and powerhouse behind Steered Straight Inc., a non-profit organization formed in 2007 upon his release from prison and designed to carry an important message to youth on the extreme dangers of drugs, gang involvement and associated criminal activity.

Steered Straight's program reaches out to children, teens and young adults with a message of reality about life-choices and the importance of consequential thinking so they understand that there are consequences to their actions. The reality of the message comes from Michael himself, who was entwined in the life of drugs and traveled a troubled road to get to his future.

Throughout the country, Michael now leads a team of talented speakers who present a realistic and powerful prevention message. His "no holds back" message resonates well with student assemblies, faculty and parents.



www.SteeredStraight.org

MEET

Jheri South

She's one of the few Certified Master Transformational Coaches **who specializes in working with teenagers.** She has become the leader in advocating for **teens and working with parents** to heal family relationships and give teens & parents the tools to live their best life. She works with leaders in the community to bring positive messages and important life skills into **assemblies, workshops, classrooms and self-improvement seminars** for children & parents everywhere!



www.jherisouth.com

