

We are the Epitome of our children Part 2 - Verbal communication

Today we are going to discuss how to teach our children the correct way to communicate with others. Second we are going to learn how to interact through communication with our children. First thing we need to ask ourselves what does it mean to communicate? Good question because the dictionary meaning says to communicate is to convey information about, make known, impart and to reveal clearly; manifest. For we know that to communicate is our life line for existing in this world. We was created to be sociable being. Without communication things would be very abnormal, because our communities, personal lives and in our government would not be able to function. Having the correct foundation of communication in our home for our children is very important. Because that will determine how they talk to their peers on their jobs, in school, and relationships. When I was growing up there was a saying that I dislike with a passion. Quote: Stick and stones may break my bones but words could never hurt me. I am here to tell you that is not true. It's a lot of things that my parents, grandma, or next door neighbors said that really hurt me. Back then I couldn't say nothing because I was raised up in environment. You shut up and don't express yourself. So I grew up not knowing how to express myself well. I had some speech problems. ~~I stuttered a lot so I was embarrassed to interact with other children because I was afraid that I was going to be picked on. So I stayed quiet. I didn't talk no more than I had to. Telling your child to shut up and not letting them express themselves.~~ I stuttered a lot so I was embarrassed to interact with other children because I was afraid that I was going to be picked on. So I stayed quiet. I didn't talk no more than I had to. Telling your child to shut up and not letting them express themselves.

will affect them a great deal. It can cause them to ~~have~~ be speech impaired. Cause them not to know how to communicate properly. Also cause others to bully them because they are afraid to talk because they always been told to keep quiet and not express themselves. I myself as parent been guilty of this with my kids a couple times. But I broke the cycle quickly; because I learn this is not a healthy way of communication for my children. Today my children and I are better communicators. More open to express ourselves in a healthy way. Which makes a difference in our relationships with others. We have to realize something. Children idolize their parents or people in general. So every word that comes out of our mouth, children will characterize every single one. For example if you called a child stupid. Guess what they either going to acted it out or call others stupid. Your words ^{are} so powerful. Till you do not understand the magnitude of impact it has on your child. We have to break ~~the~~ ^{the} cycle of ~~not~~ verbal abuse and ~~communication~~ negative talking around our children. We have to teach our ~~children~~ ^{children} positive language. When we praise our children. Guess what they will not be afraid to tell their classmate or friends. You did a great job, I love you, or even do special things for them. What are some of the ways to praise your children. Wow, way to go, you're special. Outstanding. Excellent. Great. I know you could do it. I'm proud of you. You're important. That's the best. I love you. You mean the world to me. When you praise your children you make them want to succeed. It's important to be affectionate with your children in healthy ways. When you talk to them, talk to them face to face alone, make eye contact with them. Never chat with them in front of others such as their siblings. If they are young children bend down to talk to them or sit on the sofa next to them. How you say things to them does matter and the way you convey a thing to them does matter as well.

When you choose your child explain why they are being
choose and the consequences of their choice. Then help
them to bounce back from their mistake to show them
there are punishments for your wrong choice. But you
can bounce back to make better choices in any area.
We need to teach our children how to communicate
when they are angry. What to do about their anger.
First we need to let them know it ok to be angry. ~~But~~
~~them what do you~~ They need to be taught the healthy things
~~ways~~ that ~~they~~ they can do to deal with their anger like go
for a walk or jog. Go sit in a room to cool down. Then
when they cool down come back in deal with the problem.
Never deal with things why they are upset because things
can escalate to a path of destruction. ^{Parent} When your child is
upset or trying to tell you something happen to them. Stop
what you doing allow them to express themselves and
listen. Be patient with your children. We all need to
vent at some point. Life brings about situation. Be patient
with your child inadequacy. Just like you want others
to be patient with yours. Finds ways to help strengthen your
children where they are weak. Don't tear them down.
Build them up just like you want to be build up. Now
I want to talk about a communication skill that is
very poisonous to our children. The word is called
lying. How do our children learn to lie. Is it through
us? I learned to lie at the age of 10 years old. When
my mom heard a knock on the door. She ~~peeped~~ ^{looked} out
the little peep hole in the door. In realized it was
the insurance man a bill ~~collector~~ collector. She whispered
to me to open the door. Tell him ("I am not home").
I did it but my grandma which was the mother of
the church over heard my ma's in the next room and what
she made me do. After the bill collector left. My grandma
got all over my ~~mom~~ mom for her double standard parenting.
She said you do not teach your child to lie, because
that some lie will catch up with her later. Grandma said
lying is wrong. Then grandma said if she lies about anything
~~at~~ else, you want to be the daylight's out of her. I don't
understand that don't make any sense when you taught her
to lie. My grandma set me down talk to me this way

She said honesty is the best way in life. She said if you want to go along ways in life. She said don't lie because people will respect you ~~more~~ more. Then grandma went on to tell me about how God doesn't like liars. That anything done in the dark will come to light etc. Not only that my grandma showed me the destruction lying causes. So my challenge to you parents if you teaching your children to lie stop. Because one lie lead to another — on — on.

Now we going to discuss about teaching our children to be rude in their verbal communication. How we say things to others; Guess what our children watch closely. If you rude to the person in traffic for example Get out of my way, I wish you ^{would} hurry up. Guess what your child ~~that~~ going to do. Go to school, it might not be that very next day. Somebody who get on their nerves already or it could be someone they don't even know. All the student doing a activity in the class. your child want a toy or something because ~~that~~ the other child is not moving fast enough or they feel their in the way. your child tells this child the same thing you said to the driver in traffic. All of certain you get a call from the teacher saying your child was acting out. Then you want to chastise your child. So many ways we can teach our children to be rude to others. That why we have to be careful what we say and how we react to situation around our children. Because if you present a certain behavior around they will think it's OK to go push the next student or child down, be rude to them or teachers. Then we want to chastise them but the parents are doing the same thing. We get to get rid of the double standard parenting.

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I was talked about and ridicule. I shared my snack and everything with them. Under class people are important to. For children different ages different strokes. When I became teenager, I wanted to see how far I could go and get away with it. Majority of teenagers like to experiment and experience things on the own. Teenagers don't take correction to good. It's all in the matter the ^{way} parents give it. I was a nosy teenager I would watch my mom and dad every move because I was still trying to discover who I was and what I wanted out of life. Being a teenager it's seems like you should mature as you grow older as teenager but that's not true. When you don't have that role model. you are lost. It's like being in a desert and can't find no way out. Even though I was in a Pastor. home. I had no foundation because my parent was very double standard in everything. They would tell me not do certain things but then I would see them doing it. Then that when I ~~came~~ became a rebellious teenager. Because I was confused. Some of my non-verbal communication I learned from my parents. My ~~to~~ dad was a preacher but he was abusive husband. He would get mad with my mom. Just walk up and slap her. So when people would mess with ~~me~~ me or my brother growing up. I would walk up to them ~~and~~ ⁱⁿ slap the taste from their mouth. When my mom was to get mad. She would put her hands on her hips, roll her eyes or suck her teeth. Well as a teenager I started to do the same things. Do you see the pattern. As ^{young} adults I would do things like that to my boyfriends. Today I have learned positive non verbal communication skills. That has turned my attitude around. Teach your children how to have the right attitude.

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