

# Parent Wellbeing Tip Sheet



## Communication

Clear communication is one of the keys to a good relationship. It allows you and your partner to share your aspirations, feelings, interests and concerns, and to work toward goals, solutions and compromises.

Communication is just as important whilst you are raising children. A supportive and well maintained partnership is best equipped to deal with the challenges that arise from parenting.

Here are some simple tips:

- Set aside time for both of you to talk without interruption from other people or distractions like the television or phone.
- State clearly what you want and need.
- If you are unsure, double check what your partner is saying. Misunderstandings can easily occur and can lead to hurt, anger or confusion.
- Talk things through instead of letting them build up.
- Make sure you don't withhold something from your partner because you think it might upset them. However, it is important to be respectful and work towards a solution.
- Listen to your partner – to be a good listener, you should:
  - let the other person speak without interruption
  - keep an relaxed, open, and non-defensive posture
  - try not to make distracting gestures, such as fidgeting or tapping feet or fingers
  - mute phones and other communication devices
  - be genuinely interested
  - try to understand the other persons intentions, needs and wants
- Negotiate and compromise.
- Sometimes what someone says will not reflect how they feel. Pay attention to non-verbal communication, we say a lot through our body language, tone of voice, and facial expressions.