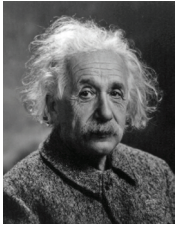


# Julie's 7 top tips for communicating with your kids.

## 1. Try something different

– as Einstein said: The definition of insanity is ...

“Doing the same thing over and over and expecting a different result.”



What can you **change** to get a *different* result?

- ♥ choose words that focus on the positive outcome you desire  
eg. the words '**be positive**' and '**don't be negative**' both *seem* to say the same thing, but do they really? How do you **feel** when you hear either phrase?
- ♥ consider the tone you use. Is it positive, uplifting, *expectant of a good outcome*?
- ♥ the volume of your voice is important too...

## 2. Show, instead of tell

– are you a *positive role model*?

Kids will often 'do as we do', rather than 'do as we say'.

Be sure that **your** actions are congruent with how you'd like *your children* to behave.

## 3. Possibility Thinking:

– do you focus on the problems, or the *possibilities* in everyday life?

We get more of what we focus on, so be careful *where* you place your attention.

## 4. Expect the best ...

What is the outcome you want? ... Do you **believe** it is possible?

Remember that we tend to get what we *expect*, rather than what we just say we want.

## 5. Forget Jet-setting, try **Goal Setting**

Give children more of your presence, rather than presents. The quality time you spend with your children in the early years is more important to them than anything else.

Family goals can encourage unity, focus and perseverance.

## 6. Vision Board

Sit with your children and look through magazines to find pictures of:

- ♥ things they'd like to do and achieve
- ♥ places they'd like to visit
- ♥ things they'd like to have
- ♥ heroes they'd like to emulate
- ♥ experiences they dream about,

then cut them out and paste them onto a Manifesting chart (Vision Board). It's a positive **plan for the future**, full of meaningful things for your child to focus upon and strive for. Invite them to tell you about their hopes and dreams.

This **aids communication** and helps you both to **get clear** about what's important to them and what they'd like to work towards.

More info on Manifesting Charts and Goal Setting can be found in [Attitude in Action](#)

and most importantly...

## 7. Catch them **doing things well**,

and let them know how much you **love and appreciate them** :-)

Until next time, happy communicating!