

Enhancing Emotional Wellbeing Via Assertive & Effective Communication Skills

Whether you have a good relationship with your children, or, you are in a place of struggle, ensuring that you use assertive and effective communication skills are essential for the mental health and emotional wellbeing aspects for all individuals, both adults and children.

A Child's Learnt Behaviours – Around 70% of a child's upbringing (from birth to approx. 7 years of age), is the fundamental creation of their future adult-self. How a family communicate will have a significant effect on their future relationships. Therefore, if positive communication skills are what a child grows up with knowing as a 'normal' way to communicate with others, or, have come to learn as being a positive and effective change within a family's way of communicating, will have invaluable benefits throughout their life, including the areas of positive mental health and emotional wellbeing.

Talking & Listening Technique (Active Listener & Assertive Talker.)

- 1) Both individuals are to briefly discuss and agree on a particular point of focus to communicate with one another regarding the area/issue that is needing to be addressed.
- 2) Agree who will start first and set a timer for 5 or 10 minutes. (Adapt to what works best for you.)
- 3) Without any form of interruption from the **active listener**, the **assertive talker** should now start to communicate their thoughts and feelings in relation, being as honest and direct as possible.
 - 4) Repeat step 3, only this time reserve assertive talker and active listener roles.
 - 5) Repeat step 3 and 4 as many times as you both agree is needed.
- 6) If the conversation starts to feel it's losing its purpose, either agree to refocus or take a break and start again at an agreed time that suits both parties.

Attempt To Come To An Understanding

Let's face facts, sometimes as adults, we cannot even understand some of our own thoughts and feelings, so why must it be a necessity that we are to truly understand those of our children's, even when they do discuss them with us.

Be mindful when communicating with another to listen carefully to what they are telling you, not what you think they are trying to tell you.

Use statements to clarify your understandings of what the other is telling you. Here are some examples:

'I hear that you're telling me...'

'Am I right in hearing you feel...'

'That sounds rather confusing, I wonder if this is how you feel?'

'I appreciate you for telling me this but so I don't get it wrong, can you tell me exactly what I can do to help you

Use Words Or Statements To Enhance Self-Esteem & Build Relations

You're amazing. That is the best piece of work I've seen you do in a long time. **You're a superstar.** Outstanding. **I really appreciate you helping me.** You're better at this than I am. **You've got this.** I'm very proud of you. **I feel so happy that you've made this positive change.** That's remarkable. **You showed great responsibility today.** You have gone a great job talking to me, I've loved it, even if it is sad to hear. **What a great idea.** You showed a perfect example to others today, well done you. **I just want you to know that even when things are hard, I love you and I always will.**