

In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.

THE ART OF CONVERSATIONS



In the mad pace of daily life, is all our communication with children only in the form of instructions and talking at them where no exchange of information is involved? This slowing down of our lives is a perfect time to connect and model conversations to our young ones who are in the process of developing their self expression. So how can we help them develop this essential life skill?

- Maintain eye contact when your children want to talk to you.
- Listen, giving them a few minutes of undivided attention.
- To help children develop syntax, listen without interrupting or correcting them and respond back in full sentences with correct language and grammar.
- It is alright if they are able to say only a few words about a topic, we can support their language by using descriptive sentences, for example, "That bird is so beautiful with its yellow beak and it is called a Myna, I heard it making the same 'chirr chirr' sound when I woke up this morning".
- Encourage them to converse with everyone in the household, let them speak up for themselves.
- Make sure your conversations are not a monologue of only you talking and giving information, ask open ended questions to your child which would require more than one word answers, "How shall we arrange these books on the shelf, any suggestions?"
- Eating meals together as a family is a novelty nowadays, but it is the best time to exchange and share stories strengthening the emotional bond with your children.
- Family time is a great way to introduce the technique of when to speak in a group conversation, model it to them, "Can I say something now?", wait for them to respond and then say your take on it.
- For older children, we can introduce keeping a journal, writing facilitates our fluency to speak about a topic, because we have more time to think about a topic and form our thoughts on it.

We would like to thank all the parents who contributed to the newsletter!