



ACCESS & ADVOCATE:

Communicating with children of different ages

Communicating with children differs a lot depending on their ages and stages and your skills and preferences—and it's not always about talking. Here are some suggestions for communicating with your children. Space is provided to check off your preferences and to add others we haven't thought of. How does your child communicate with you?

0 – 2 YEARS OLD	5 – 12 YEARS OLD
<input type="checkbox"/> Showing love & affection	<input type="checkbox"/> Being concrete
<input type="checkbox"/> Holding her	<input type="checkbox"/> Using her words
<input type="checkbox"/> Talking to him	<input type="checkbox"/> Getting down to his level, like on the floor
<input type="checkbox"/> Gentle touching	<input type="checkbox"/> Talking about feelings
<input type="checkbox"/> Rocking	<input type="checkbox"/> Singing songs
<input type="checkbox"/> Cuddling	<input type="checkbox"/> Telling stories
<input type="checkbox"/> Singing	<input type="checkbox"/> Reading books
<input type="checkbox"/> Imitating sounds she makes	<input type="checkbox"/> Playing games
<input type="checkbox"/> Being there when I can	<input type="checkbox"/> Going for rides in the car
<input type="checkbox"/> _____	<input type="checkbox"/> Eating meals together
<input type="checkbox"/> _____	<input type="checkbox"/> _____

2 – 5 YEARS OLD

- Beginning to label feelings
- Drawing pictures
- Going for walks
- Providing reassurance
- Singing songs
- Telling stories
- Explaining things in simple words
- _____

13 - 18 YEARS OLD

- Talking about feelings
- Discussing things honestly
- Keeping the door to communication open
- Providing things to read
- Texting on a cell phone
- Being available
- Talking on her timetable, when she is ready
- Respecting his growing independence
- _____

ADULT CHILDREN

- Treating her like an adult
- Talking about feelings
- Discussing your situation openly, and working together to communicate with the next generation
- Meeting together with your doctor, therapist or case manager
- Asking and answering questions
- _____
- _____
- _____