

Parent–Child Communication Issues

Radhika Agarwal¹, Poorva^{2,*}

Abstract

Communication is the procedure of receiving and sending messages with the means of actions, i.e., non-verbal and verbal means. Humans on Earth have perfected ways to communicate their emotions and thoughts to others. There is an effect of healthy and fruitful parent–child communication on an individual's life and mental health. There are numerous barriers to establishing communication among themselves. Strategies are available for improving parent–child communication so you can continue to build strong relationships with each other.

Keywords: Communication, mental health, intellectually developed children, positive relationship, self-esteem

INTRODUCTION

The term “communication” originates from the Latin word “*communis*” which means “common sense”. Communication means the transmission, sharing, and expression of ideas, facts, feelings, opinions, and attitudes. Communication, being an inseparable part of management, as basic functions of management (planning, staffing, monitoring, and control) cannot be performed fruitfully without effective communication. To have an open and effective communication with their children is very important for parents as it benefits both of them to develop a positive relationship and bonding. One of the most challenging tasks to learn is how to respond to each other's behaviour and initiate the conversation.

BENEFITS OF OPEN COMMUNICATION

Toddlers and children are quick learners. They learn how to communicate by observing their parents. Children are more likely to communicate well and honestly if their parents do the same. Good communication skills benefit an individual throughout his life. Children show respect to their parents, if the communication is competent. Good communication is especially important because one of the top concerns for most parents is their child's mental health, and this will always affect their well-being and success in life. Clear, frequent, and effective communication are some things that assist establish the groundwork for a strong link between parents and children and serve to secure the mental health of

the kid. Here are some points emphasizing how strong communication between parents and children can positively affect a child's intellectual development:

- They start to sense that their parents are listening to them and getting it, which boosts their self-confidence. When parents strive to communicate effectively with their children and share every little thing with them, they will understand that there are always benefits to sharing, good or bad. As soon as the children open up and the parents listen patiently, they know they are being listened to.

*Author for Correspondence

Poorva

E-mail: poorvayadav.27@gmail.com

¹Student, Axis Institute of Architecture, Kanpur, Uttar Pradesh, India

²Assistant Professor, Axis Institute of Architecture, Kanpur, Uttar Pradesh, India

Received Date: December 29, 2022

Accepted Date: January 02, 2023

Published Date: January 15, 2023

Citation: Radhika Agarwal, Poorva. Parent–Child Communication Issues. Journal of Family & Adoption Law. 2022; 5(1): 26–28p.

- Children are exposed to life's challenges at a young age by parents who do not communicate well with them. But the flow of communication extends not only to the discussion of problems, but also to the development of sensible solutions. The direct result of this is that children have a clearer mind. Such children are not afraid of problems. Instead, try to find realistic solutions. This helps build children's confidence and empowers them to overcome problems with strength and clarity.
- At times, the situation arises when a child needs to develop independent thinking. There may be circumstances where the youngster must determine what is good and wrong for him. Here, the importance of parent–child dialogue is made obvious. Parents who have built a strong foundation of communication with their children can be confident that they will be able to analyse the situation well and make favourable decisions.
- An intellectually developed child does not question his worth. Such children have high self-esteem. A lot of a child's development is influenced by what his parents teach him. Through these endless communication activities, parents encourage their children to stand up for themselves. Such well-balanced children are the result of communication that parents have cherished [1–5].

BARRIERS FACED IN PARENT–CHILD COMMUNICATION

One of the most vulnerable times for personality development is adolescence. Young people want to be separate and independent from each other which often leads to rebellion, irritability, or aggression. Instead of facilitating communication, there are many barriers that can damage the emotional connection between parents and children. Here are some of them:

- *Threats*: This can scare or offend your child.
- *Judgment and criticism*: Constantly pointing out negative points can make a child feel inferior and rejected.
- *Shame and ridicule*: Making a child look bad in front of others can make the child feel unloved.
- *Interrogation*: Constantly asking about things can make children think you do not trust them or suspect something bad.
- *Social media*: While technology has made it easier to chat with friends throughout the day, it interferes with communication between parents and children.

WAYS TO COMMUNICATE WITH EACH OTHER

To improve communication between parents and children, it is important to build trust and understand how children and adolescents communicate. Here are some tips to achieve this:

- *Listen carefully*: Listening is a crucial part of effective communication. When the children are talking about important things, parents must put aside all the other work and pay attention. Also, show interest in what they are explaining and listen to their point of view, even if it is difficult to understand. This comprises activities such as making eye contact and avoiding distracting elements, such as a cell phone, while talking. Respond thoughtfully during your turn to speak. At a later time, you can bring up any component of your conversation to show that you remember what was said by them. On the other hand, try to finish talking before answering. Nobody enjoys having a discussion interrupted.
- *Learn the communication pattern of a child*: Some children prefer to talk about any random thing, while some prefer to be introverts. Whether your children are open or quiet, it is important that they feel like they can come to you as a parent for whatever reason. Parents ought to speak to their children in a language that is appropriate for their age and they can understand. With young children, this can be done in simple words. Physically, parents should not stand tall over their children, for example, when talking or interacting with them. Instead, you should try to get down to your child's level by kneeling, sitting, bending, etc. This will make eye contact much easier, and the child will be less intimidated by the parents.
- *Find time to talk every day*: Although most of the time, parents have busy schedules, children also do. With school, homework, after-school activities, friends, and after-school work, children may find it difficult to carve out time outside of their schedules. However, there is always a little

time left for each other during the day. A parent should use every possible moment to communicate. Driving to music lessons is a good time to do this, as is a short breakfast before work or school, supper, or right before bed. Parent–child communication may be greatly improved in only a few short minutes.

- *Communicate positive stories:* Children are very keenly interested to hear stories of different kinds, but stories about childhood of parents can be very special for them. Parents should feel free to share stories with their child. Parents should not talk to children in ways that might be perceived negatively. This may include flattering or inappropriate talk about your parents or other adults in the child’s life. Consider it so that you get the point of the story right.
- *Avoid lectures:* Parents may face moments when they need to make sure that their child hears and understands what they are saying. Put off a talk if you feel as though you have reached a dead end. Think about what you really want to convey and how the other person can understand what you have to say next.

COMMUNICATION BUILDERS

Some examples of things parents can say to their children to help open up communication are:

- “I would like to hear about it.”
- “Tell me more about it.”
- “I see.”
- “What do you think...”
- “Would you like to talk about it?”
- “Is there anything else you want to talk about?”
- “Wow!”
- “I’m interested.”
- “Please explain.”

Effective and open communication takes a lot of effort and practice. Parents must remember that they are not perfect. Parents also make mistakes. It is important that parents make efforts to communicate effectively with their children from a very early age. Parent and child relationships become more pleasant and intimate as a consequence.

CONCLUSION

One of the most fundamentally problematic forms of contact between parents and their kids is conflict. Family life is full of misunderstandings and moral struggles between two generations. Parent–Child conflict is a profound global problem that is widely developed despite the culture or social group in which people live. The reasons that cause this conflict are closely related to our cultural, moral, and ethical inner development. The communication problem lies in the psychological and mental development of a person. One of the most difficult and divisive issues today is the generational divide.

REFERENCES

1. Kristin Zolten. (2006). Parent/child communication. parenting-ed. Available from <https://parenting-ed.org/wp-content/themes/parenting-ed/files/handouts/communication-parent-to-child.pdf>.
2. Edutribe. (2022). 12 tips for effective communication with parents. Available from <http://www.edutribe.com.au/educator-resources/12-tips-for-effective-communication-with-parents-for-educators/>.
3. Our family wizard. (2000). Five strategies to improve parent-child communication. Available from <https://www.ourfamilywizard.com/blog/five-strategies-improve-parent-child-communication>.
4. Bianca Stanescu. (2013). Five barriers to parent-child communication: Bridging gaps with parental control. Bitdefender. Available from <https://www.bitdefender.com/blog/hotforsecurity/five-barriers-to-parent-child-communication-bridging-gaps-with-parental-control/>.
5. Amanda Morin. How to break down communication barriers between teachers and families. Understood. Available from <https://www.understood.org/en/articles/how-to-break-down-communication-barriers-between-teachers-and-families>.