

EVERY CHILD IS SPECIAL

I am
a person who has talent, gifts and
creativity to share with the people of the
world

I am
A person who has feelings, emotions and
thoughts to communicate to other people

Parents are special too!!

Parents are people who have:-
Gifts - Talents - Feelings - Emotions -
Thoughts

LET'S TRY TO BUILD GOOD FEELINGS
WITH OUR PARENTS BY:

- ❖ Being friendly and spending time together.
- ❖ Showing concern for our parents when they are sick.
- ❖ Creating a peaceful environment.
- ❖ Co-operating and helping as a family member.
- ❖ Showing our manners by saying '**PLEASE**' when asking for something.

"WE ALL NEED TO FEEL GOOD ABOUT OURSELVES AND THAT INCLUDES OUR PARENTS AS WELL."

Learning to say - sorry, please and
Thank You.

"SORRY" seems to be the hardest word
in the vocabulary to say!!!!

WHY?

Tick the points that you agree with:-

- It is giving in to another person
- I'm too tough
- It means that I won't get my own way
- I'd be embarrassed
- It is admitting that I'm wrong
- I am too selfish

EVERYONE MAKES
MISTAKES.....
.....EVEN PARENTS

Don't forget to say 'Thank You' when your
parents do things for you.

LIKE -

- ❖ When meals are prepared for you.
- ❖ When parents make time to help you.
eg. HOMEWORK

**"THANK YOU" is not hard to say and
means such a lot.**



“PARENTS NEED TO FEEL WORTHWHILE TOO”

Kids Help Line 1800 55 1800
Child Abuse Prevention Service
1800 68 8009

START COMMUNICATING

Unless you talk to your parents they will not know your:-

FEELINGS, THOUGHTS OR EMOTIONS.

Everyone has good and bad feelings in their relationships. Learn to communicate both.

TRY THESE TIPS:-

- ❖ Be positive towards your parents. Communicate GOOD FEELINGS with them as well as bad feelings then your relationships will be on a winning streak.
- ❖ When you want to communicate feelings.....BE SMART.
- ❖ Find a quiet place to talk (away from the television)
- ❖ Don't be afraid to say how you feel.
- ❖ Use the ABC approach-
“When you did A the effect on me was B and I felt C...”
- ❖ Don't ZAP!!! If your parents hurt you, try not to hurt them back to get even.
- ❖ Be a good listener, try not to interrupt.

COMMUNICATION WORKS

Give it a go!!!!