



... for parents

2.2 Discussing the rapids

Expressing yourself clearly

Your child took part in an OFF-TRAIL workshop aimed at **developing their ability to express themselves** so as to be clearly understood.

DID YOU KNOW?

Children learn a lot by observing adults and other children around them. During this workshop, the children explored the following effective communication strategies:

- Say how you feel.
- State your likes and dislikes (e.g., “I don't like it when...”).
- Say clearly what you want.
- Use a calm, respectful tone of voice.
- Listen to others.
- Look others in the eye.
- Choose the right moment to say things.

NOW IT'S UP TO YOU!

To help your child develop their communication skills, you can set an example by applying these strategies in your own dealings with your child and those around you.

To hear this content:



Find out more about the OFF-TRAIL program:



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