

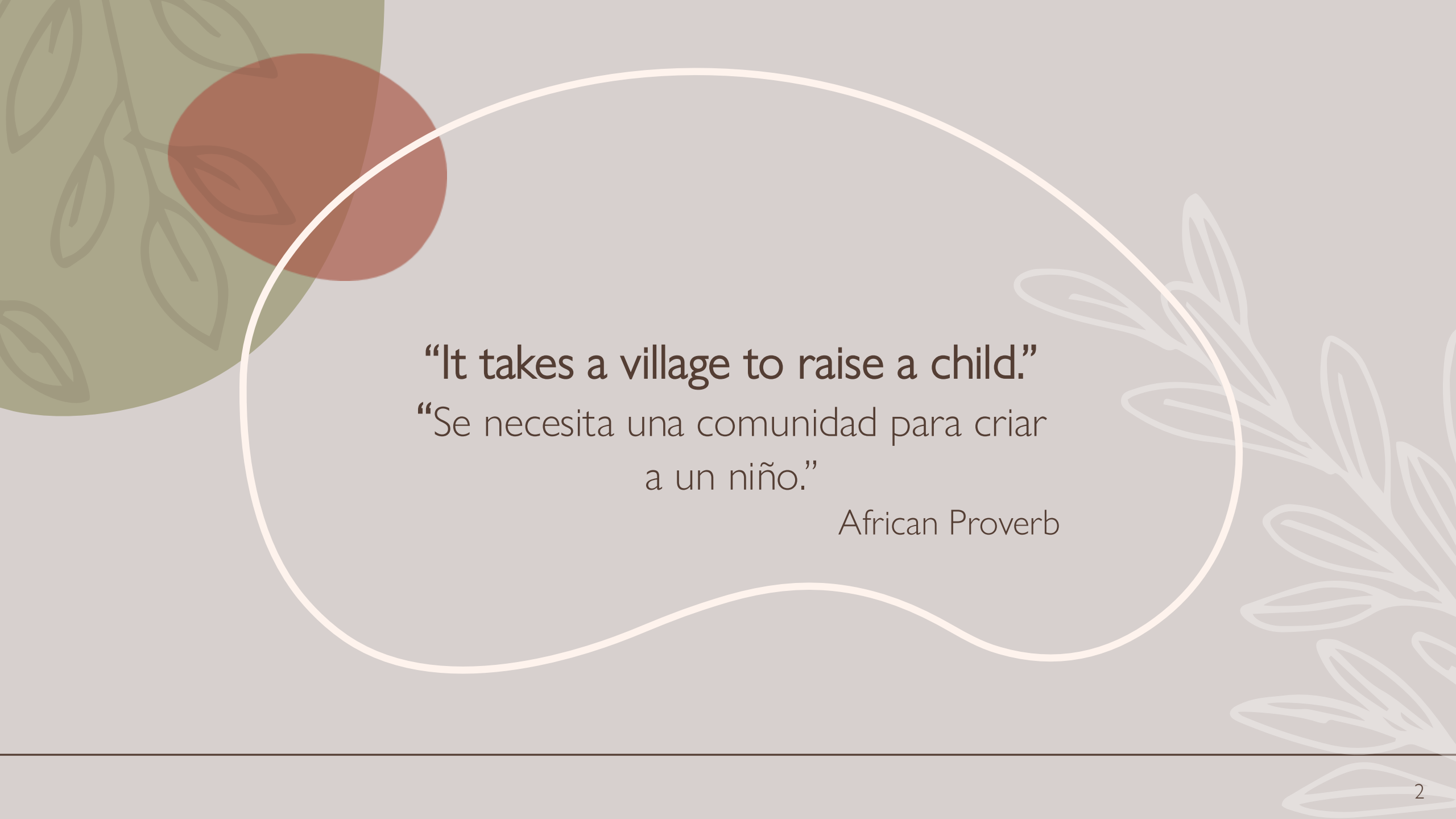
A stylized, dark gray leaf graphic with several pointed leaves, located in the upper left corner of the slide.

ROMELIA GOMEZ, LMFT

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How Communicate With Your Child Como comunicarse con sus hijos



“It takes a village to raise a child.”
“Se necesita una comunidad para criar
a un niño.”

African Proverb

Objectives/Objetivos

Parents will learn....

Los padres aprenderan....

- What is communication? ¿Qué es la comunicación?
- Types of communication Tipos de comunicación?
- The importance of communication. La importancia de la comunicación.
- Effective Listening Skills/ Habilidades de escucha efectiva

WHAT IS POSITIVE COMMUNICATION? ¿QUÉ ES LA COMUNICACIÓN POSITIVA?

Positive communication is an approach to communication that focuses on using kind, respectful, and encouraging words and tones. It involves using language that uplifts and motivates the person you are speaking to.

La comunicación positiva es un enfoque de comunicación que se centra en usar palabras y tonos amables, respetuosos y alentadores. Consiste en usar un lenguaje que eleve y motive a la persona con la que hablas.

Effective communication skills start with the parents. La comunicación efectiva empieza con los padres.



Why healthy communication skills matter

You are the first teacher of and role model for your child. How you handle communicating ideas, needs and concerns influences how your child communicates.

Without strong communication skills, children often struggle to develop friendships, to have positive teacher interactions and to navigate life's ups and downs.

Showing your children how to communicate clearly and positively helps them build strong relationships.

From using helpful language to practicing active listening, you can guide your child to become a strong communicator. Remember, children learn by watching others and your child is watching you.

Por qué son importantes las habilidades de comunicación saludables



Trabajo de Equipo Group Work



Tipos de comunicación/Types of communication.

- Passive Communication
 - Aggressive Communication
 - Assertive Communication
-
- Comunicación pasiva
 - Comunicación agresiva
 - Comunicación asertiva



How to Communicate With and Listen to Your Teen: 4 Key Tips

Cómo comunicarse y escuchar a su hijo adolescente: 4 consejos clave

1. **Praise/encourage:** Point out the positive behavior. Be clear and specific with the praise.
2. **Imitation/copy:** Do exactly what your child is doing.
3. **Description:** Describe your child's play.
4. **Active listening:** Give your child your full attention and repeat what they're saying.

1. Alabar/animar
2. Imitación/copia
3. Descripción
4. Escucha activa



How teens learn verbal & nonverbal communication



FOCUS POSITIVE
ENFOQUE POSITIVO

FOCUS ON FIXING THE PROBLEM, NOT
THE BLAME
**CONCÉNTRERE EN SOLUCIONAR EL
PROBLEMA, NO EN CULPAR**

A PROBLEM IS ALWAYS
LEGITIMATE
**UN PROBLEMA SIEMPRE ES
LEGÍTIMO**

ASK WHAT THE OTHER PERSON IS
THINKING AND FEELING
**PREGÚNTALE A LA OTRA PERSONA
LO QUE ESTÁ PENSANDO Y
SINTIENDO**

GIVE POSITIVE REQUEST AND
COMMANDS
**DAR PETICIONES Y
ÓRDENES POSITIVAS**

Tips to model healthy communication for your teens

MODEL FULL APOLOGIES (I AM SORRY FOR...) **MODELE LA DISCULPA (YO LO SIENTO)**

USE CALM TONE
USE UN TONO DE VOZ CALMADO

BE CONSISTENT IN YOUR RESPONSES
SEA CONSISTENTE EN SUS RESPUESTAS

PRACTICE “I” STATEMENTS
DE LA DECALRACIONES EN PRIMERA PERSONA

USE KIND WORDS, LIKE “PLEASE” AND ‘THANK YOU’
USA PALABRAS AMABLES, COMO “POR FAVOR” Y “GRACIAS”

Effective listening skills /Habilidades de escucha efectiva

Active
listening
skills

Habilidades
de escucha
activa

Reflective
listenin

Escucha
reflexiva

Make eye
con

Haz cotacto
visual

Set daily
times for
listening

Aparte
tiempo para
escuchar

Put down
devices or
pause
television

Deje los
dispositivos

Sit at their
level

Este al nivel
de su hijo

Have your
teen repeat
what you
said before
responding

Do it with
love, respect,
& empathy

Hazlo co
amor, respeto,
y amor

Trabajo de Equipo Group Work



Resources/Recursos

Access and
Crisis Line in San
Diego
(1888)724-7240

Suicide & Crisis Lifeline (988)	First Five San Diego
	School Counselor
	Pediatrician
	Coach
	Church Leader

thank you

- Romelia Gomez
- romelia.gomez@lifestance.com
- www.lifestancehealth.com