



BULLETIN

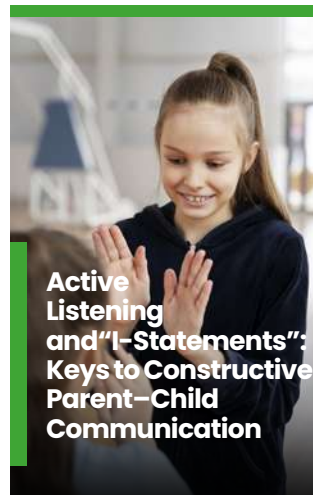
İSTEK OKULLARI

It is a publication
of the
Psychological
Guidance
Department

Hello,

As the Psychological Counseling and Guidance Department of İSTEK Schools, we would like to highlight the importance of family communication in children's development in our November bulletin titled "Healthy Communication Resources." Healthy communication within the family supports a child's self-awareness, emotional expression, self-confidence, and ability to build social relationships. Clear, empathetic, and constructive communication contributes positively to the child's self-perception. In line with the objectives of the Ministry of National Education, this bulletin addresses principles of family communication, sensitivity to children's rights, and the foundation of trust between parents and children. This bond of trust forms the basis of the child's emotional well-being and overall life success.

Happy reading!





HEALTHY COMMUNICATION, STRONG CHILDREN

I. Sources of Healthy Communication: Core Skills

The most powerful source of healthy communication is not what we say, but how we model behavior. Children learn how to perceive the world and relate to others by observing us.

A. Active Listening: Emotional Reflection

Active listening isn't just staying silent—it's reflecting your child's feelings back to them so they feel truly understood.

- Validate their emotions: Instead of jumping to solutions, try naming the feeling first:
- "You're feeling lonely because it's been hard to make new friends. I understand."
- Be fully present: Eliminate distractions like phones or TV. Give your full attention to your child.

B. Using "I" Statements: Encouraging Responsibility

The best way to reduce conflict is to replace blaming "you" statements with "I" statements that describe your feelings and the effect of the

situation.

- Example: "When you slam the door, I get scared because I'm worried something might break."
- Goal: This helps children understand how their actions affect others and take responsibility instead of becoming defensive.

II. Family Communication: Building Trust and Connection

Communication becomes more natural and lasting when it's part of everyday routines.

A. Quality Time and Simple Routines

Even 15–20 minutes of uninterrupted quality time each day can be more valuable than long conversations. Focus on your child's interests—play, drawing, reading—and make it a daily ritual.

During shared moments like mealtime, deepen conversations with open-ended questions such as:

"What made you laugh today?" instead of "What did you learn at school?"

Lead with curiosity, not judgment.

B. Teaching Conflict Resolution

Your role as a parent is not to fix every problem, but to guide your child in finding solutions. When a disagreement arises, give everyone—parents and children alike—a chance to express their feelings and work together toward a resolution. This strengthens your child's ability to solve problems independently in the future.

III. Children's Rights and Unconditional Value

Children's rights are not just a legal framework—they are a philosophy for healthy growth. Parenting carries both authority and responsibility.

A. The Right to Be Heard

According to UNICEF (1989), every child has the right to express their views on matters that affect them, and to have those views considered.

This doesn't mean always agreeing, but it's important to ask for their opinions—on family rules, vacation plans, or daily routines—so they feel like a valued and respected member of the family.

B. Protecting Emotional Safety

A child's most basic right is to be protected from all forms of violence—physical, emotional, or verbal. Shaming, comparing, or threatening are forms of emotional harm.

True discipline doesn't come from fear, but from love and guidance. Its purpose is to help children develop self-control and inner discipline in a safe and supportive environment.

İSTEK Schools

Psychological Counseling and Guidance Department

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