



Effective Communication With Your Child (7-12 Years Old)



The way you communicate with your child shapes their emotional development. It helps them learn to communicate with others and teaches them how to build relationships as they grow older. Here are some useful tips on communicating with children between 7 to 12 years old:



1. Pay attention to non-verbal communication

- Get down to your child's eye level, face them and make direct eye contact when speaking to them.
- Use non-verbal gestures such as affirming nods and smiles to help them feel safe and connected with you.

2. Let your child know they are heard

Show that you are paying attention to what your child is saying. Often, this helps invite them to explore and share their own thoughts and feelings. For example:

- Reflect or repeat what they have said to show you hear them. When your child says, "I don't want to do my homework", you could respond with, "Hmm, is something about homework bothering you?".
- Validate their emotions and do not deny their feelings. This helps your child learn that it is okay to have emotions, even negative ones. If your child sounds upset about something, you could acknowledge their inner experience by saying, "It sounds frustrating", or "It must be really upsetting for you".

3. Use age-appropriate language

A younger child may not be able to understand what you are asking them to do. Use language appropriate to your child's age and developmental level.

4. Help your child identify their emotions

Teach your child how to identify and name their feelings. Depending on their developmental level, your child may express their feelings by sitting on the floor and shouting. Help them to label their emotions by saying “You are angry”.

5. Use “Do” rather than “Don’t”

Statements that start with “Don’t” can reinforce the behaviour that you want to prevent. Use “Do” statements to promote the behaviour that you want to see. For example, instead of saying “Don’t hit your friend”, say “Be gentle with your friend”.



6. Focus on behaviour and not character

When you disagree with what your child does, comment on their behaviour rather than on them as a person. For example, you could say, “I am not fond of you leaving your clothes everywhere on the bed”, instead of “You are so messy”.



7. Use “I” statements rather than “You”

Start statements with “I” to show that you take ownership of your emotions and are not putting the blame on your child’s character. For example, you could tell your child, “I am upset that you did not finish your homework”, instead of, “You are so irresponsible for not finishing your homework”.

Notes

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About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children’s Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
Contact +65 6772 5000

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry +65 6772 5736
Appointment Line +65 6908 2222
Email ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
Operating Hours 8am – 5.30pm (Mon to Fri)
Appointment Line +65 6772 5030
Email cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530 / 2531
Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children’s Clinic @ NTFGH

Location Ng Teng Fong General Hospital
Tower A – NTFGH Clinics, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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