



Effective Communication With Your Parents



Speaking to your parents may be difficult as you are unsure of how they will react to the news or topic you would like to share. It is normal to be worried about being scolded, judged negatively or be unsure about the right words to use. Here are some useful tips to help you communicate with your parents:



1. **Calm yourself down before you speak**

When you are feeling emotional or angry, take time to cool down before approaching your parents. Speaking out in the heat of the moment may result in you saying things that you do not actually mean. Pick a suitable time when you feel calmer.

2. **Be specific about what you want or need**

Do not assume that your parents know what you want or need from them. Be clear and express it in words if you want them to listen, you need their advice or permission for something. For example, try saying:



3. **Learn to express your feelings**

You may not be willing to speak to your parents because you are worried that they may be angry or disappointed with you. You may also feel guilty for getting into trouble and worry how they will react. At other times, you may be too embarrassed to share personal matters. Don't let that stop you and be honest about how you feel. You can incorporate your emotions into the conversation by saying:





4. Focus on behaviour and use “I” statements

Begin your statements with “I” instead of “you” and state how you feel about the behaviour that upsets you. For example, you could say, “I felt upset and left out when you did not allow me to go out with my friends last night”, instead of, “You are always stopping me from going out”.



5. Prepare and practice

If speaking to your parents makes you anxious or worried, it can be easy to avoid communicating altogether. Take time to organise your thoughts and practise what you will say. This will help overcome your fears and build confidence when you have that conversation with your parents.

Communicating effectively with your parents is not about getting your way but a two-way process which will help them understand where you are coming from. Like any relationship, it requires mutual understanding and compromise between both parties.

Notes

Notes

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



Scan the QR code for more information on our patient care institutions.



Scan QR code for more information on NUWoC facilities.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

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