

Sharing Likes and Dislikes

Game 151

To get to know each other better, express your likes and dislikes and encourage your child to do the same.

Your child will learn that people have many opinions and his are respected and valued.



Why this is important

When we do not like something or someone, words are a useful substitute for physical aggression. When you model a way to express what your child likes or dislikes about a situation, he will learn that feelings have names and can be talked about. Being able to express his feelings is important as your child develops a strong sense of self and builds relationships with others.

What you do

- Talk about a situation, such as going to the doctor, with your child: *I like going to the doctor. There are nice magazines in the waiting room, and the doctor helps us feel better. What do you like about going to the doctor?*
- Give your child time to think. Accept his opinion when he answers.
- Add to the conversation by talking about what you do not like about going to the doctor: *I don't like going to the doctor because sometimes we have to wait. What do you not like about going to the doctor?*
- Accept his feelings and comment calmly: *So that's what you don't like.*
- Be sure to make your child feel comfortable with his answers. Trying to change his feelings or making him feel guilty about them will discourage him from expressing them again.
- Refrain from correcting misinformation during this activity. Listen, and help him put his feelings into words.

Another idea

Many topics work for this activity such as playing different games, doing household chores, being a big brother, being a little sister, etc. Always give your full attention to your child during the conversation.