

# Parent-Child Communication 101

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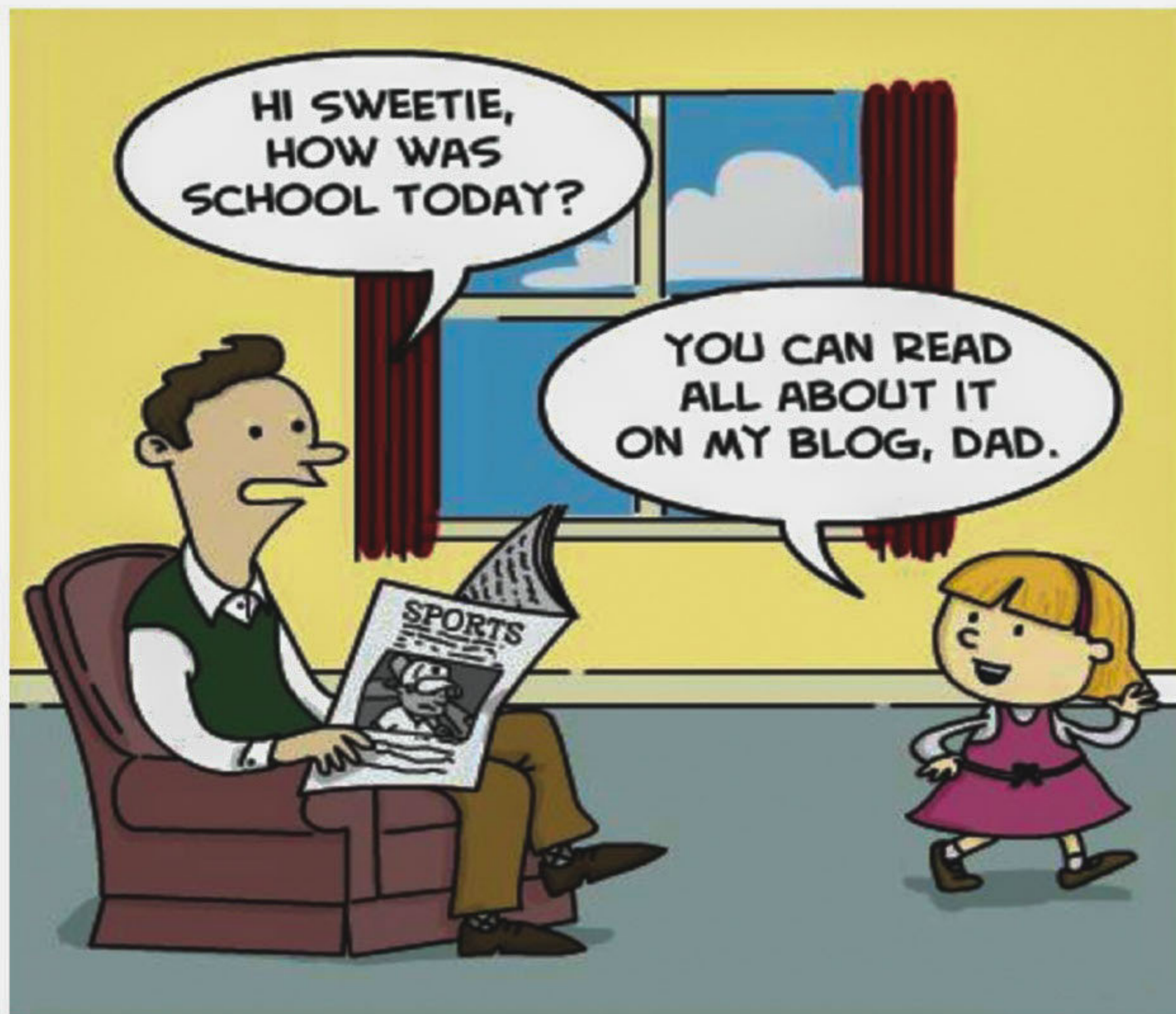
Bottling up emotions and feelings will never do you any good. Getting a view about different issues in your life from different perspectives is important. Of course, most of us run to our best friends to have a heart-to-heart, but you see, parents can help you out too. Listed below are a few pointers on maintaining a healthy communication channel between you and your parents:

**Remember, they're always there for you**

Your parents are your day one homies. Whether your mom is your best friend or that overly stern figure with a hanger ready to beat you, all they really want is the best for you. As for the dads, well, they tend to have more on their mind and are somewhat passive listeners but if you're closer to your dad, it's all the same. If something is really bothering you, just know that you can always count on them. A peer isn't always the best idea when you're in deep trouble; it's nice to take advice from someone older. Chances are, your parents have been there, done that.

**Maintain regular chats with them**

One of my favourite high school teachers once said "a dining table should be equally filled with food and chatter, if that's not the matter then you better sort it out". After a long day, it's usually during



dinner when the whole family gets to sit and have a meal together. Your job as a child is to share some of the things from your day with them. Ask your parents and siblings how their day went, share a joke

you heard, talk about a recent movie, anything. Talking to your parents about your everyday life helps in strengthening the bond and also helps them trust you more.

**Prepare yourself if you want to share something serious**

If you want to raise a difficult topic, something you know your parents might overreact to (because you know, they care about you a lot) make sure you know what you're going to say. Whatever it is, an exam you failed or talking about something that has been on your mind; take some time and think about how you are going to bring it up. Don't beat around the bush, it's better to be straight forward in these situations. Think about the possibilities, what's the worst that might happen, how they'll react. Expect some harsh criticism and put downs. But don't avoid this because of fear. Take a deep breath and go for it!

**Take it all in and know where to stop**

Your parents will get side tracked if you start whining. Just keep it real and be honest. Listen to every single word they are saying closely. Make sure you are a reflective listener; don't just let it all go above your head. Question their views if you want but do not stretch out the talk. Parents over analyze things so just stick to the things you had in your mind. Once you've touched all bases, you're good to go.

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# A PUSH AWAY FROM BEING A PUSHOVER

SAMIN SABAH ISLAM

How often do you find yourself buried amidst homework that isn't yours? Or perhaps winding up in a sticky situation you never wanted to be in, if it weren't for the threats made by the big guy or the pretty boy's puppy eyes? If you feel the need to constantly go above and beyond to please people by doing something you hate, you're not necessarily always the "amazing friend" or "life saver". You my friend are a welcome mat who gets walked all over. There's a thin line between being an agreeable, helpful person and being a pushover. If you find yourself constantly faltering to the needs of others unwillingly, allow us to help you drag your easy butt behind the line with these simple remedies.

**Me before you**

Learn to prioritise. Putting your needs above someone else's wants doesn't always make you selfish. Helping people out is a saintly act, but constantly harming yourself or letting your own work be affected in the process, is irrational. Act according to the significance of situations. Decide whether completing a friend's chemistry project, last minute, all by yourself is more essential than your night's sleep. Be able to justify that your health and sane mindset the following day has more value than your irresponsible friend's gratification. Make exceptions to being selfless for people and situations that deserve it. Don't be a people pleaser. Pick yourself, chose yourself, love yourself. It's okay to be selfish sometimes.

**No shame in saying "No"**

Intimidated by "the look"? Gulled by the puppy eyes

and the magic word "please"? Well it's about time you yourself learn a new magic word, "NO". One magic syllable to make all your worries go away! If something makes you uncomfortable, you are allowed to refuse. You don't necessarily have to be rude or unkind to be assertive and speak your mind.

**Know thy friends**

Distinguish between real friends and jerks who only take advantage. People who only resort to your company when they need something and completely erase you from their life otherwise are people you need to stop doing favors for. You faltering to the needs of jerks just because they ask nicely and gush an alarmingly fake 'thank you' is not worth it, not when you know they only stick around for themselves. Never allow yourself to be taken for granted. If people are selfish, return the favor by being so yourself. You are not the *elach* they can throw away when they have *biriyani*.

**Speak up**

There are times when other people aren't necessarily jerks, you're just not vocal enough. People won't know if you're uncomfortable with something unless you speak up for yourself and let them know. When undergoing bullying or threats, stand your ground. Don't be intimidated by the tough ones. You are not a chair they can push around. If you are going to be furniture, be your nanu's steel *almira* that no one can move.

To any admitting pushover or those in denial reading this, let this article be the only push you endure, to a much happier life of course.

