



MAMA  
TENDO

# CHILDREN DESERVE SAFE SPACE TO COMMUNICATE AT HOME

Attending a parents' meeting about communication in the family last weekend taught me several lessons. Sadly, I realised I was not the only parent who saw gaps in the way I communicate with my children.

The key question we were asked was this: are we giving our children a safe space to communicate in our homes? Or are we quick to respond, harsh, not fully present, or impatient as they try to explain themselves? Every parent will admit that at one time or another, we have been guilty of these. We will also admit that the results have not always been good.

Additionally, not all parent-child relationships are warm. Some carry tension or deep hurt. There are homes where communication has broken down,

where words are few, or where every conversation turns into conflict.

However, relationships rarely break suddenly. Usually, they weaken over time through repeated misunderstandings, harsh words, unmet expectations or emotional distance. Busy schedules and unresolved conflict can create a gap between parent and child.

Sometimes the damage runs deeper. It may come from unresolved anger, favouritism, harsh discipline or moments when a child felt unheard or rejected. In other cases, the child withdraws, choosing silence over conflict.

The good news is that broken relationships can be restored. It may not be quick or easy, but healing is possible.

The first step is honest reflection. Parents must ask themselves difficult questions: Have I listened enough? Have

I been too harsh? Have I created a safe space for my child to speak? This is not about blame, but about understanding.

Healing often begins with humility. A sincere apology from a parent can open doors that authority cannot. When a parent says, "I am sorry," it shows that the relationship matters more than being right.

Listening is another key part of restoration. Children need to feel heard without interruption or immediate correction. This requires patience, especially when trust has been broken.

Consistency also matters. Trust is not rebuilt through one conversation, but through repeated actions over time. Showing up, keeping promises and responding calmly helps children feel safe again.

Parents must also be careful with their

words. Harsh language can deepen wounds, while gentle and respectful communication can begin to heal them.

Spending intentional time together is equally important. Simple activities like walking, cooking or talking without pressure can slowly rebuild connection and create space beyond correction.

Parents should remember that children respond differently. Some will forgive quickly, while others need more time. Healing cannot be rushed.

Restoring a relationship does not mean everything becomes perfect. It means choosing connection over distance and love over pride.

No matter how far a relationship has drifted, it is rarely beyond repair. With patience and intentional effort, parents can rebuild trust and reconnect with their children.

Child (left) shares awareness about communication

compassionate; offer emotional and practical support to their wives and daughters."

for proper screening," he advises. "Don't rush you to a specialist."