

Pedagogical and Psychological Conditions for Establishing Communication with Children in the Family

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Abstract: *The family is the main unit of society, where the child receives the first education, communication and social experience. The role of the family environment in the formation of a child as a person, in his mental, moral and spiritual development is incomparable. In particular, the establishment of healthy and effective communication with the child in the family has a great impact on his future personality, relationships in society and mental health. Therefore, pedagogical and psychological approaches to organizing communication with children in the family are of great importance. Pedagogical and psychological conditions for establishing communication with children in the family are a set of conditions, methods and approaches necessary for organizing healthy, effective, positive communication between parents and children.*

Keywords: *Family, the concept of communication, communication styles in the family and their characteristics, authoritarian style, liberal style, democratic style, anomalous style, psychological communication.*

One of the main conditions for establishing communication with children in the family is pedagogical directions. That is, we can take educational knowledge and skills as an example. In this case, parents, as persons responsible for raising children, need to have pedagogical knowledge. Age-appropriate, knowledge of upbringing methods, communication techniques. The correct organization of communication with children in the family depends, first of all, on the parents' possession of educational knowledge and skills.

Child rearing cannot be a process based on chance, relying solely on life experience. Every parent must have pedagogical knowledge, a good understanding of the child's age characteristics, psychological needs, and individual capabilities.

Pedagogical knowledge is the main factor that determines how to communicate with a child, how to approach him, how to encourage or correct him. For example, at each age stage, the level of thinking, feeling and reacting of a child is different. The same approach to a 3-year-old child and a 13-year-old teenager will lead to incorrect results.

Therefore, parents should:

- Be well versed in the methods of upbringing (persuasion, teaching, example, encouragement, etc.);
- Choose an approach taking into account the individual characteristics of the child;
- Use pedagogical tact and culture in the communication process;
- Set a positive example for the child through their own behavior.

Unfortunately, in many families, due to the lack of pedagogical training of parents, problems such as strictness, incorrect reprimands, excessive restrictions, or, conversely, excessive freedom in communication with the child arise. This negatively affects the child's mental health, self-esteem and social relationships. Therefore, pedagogical literacy for modern parents is not only an optional, but also

a necessary competency. Reading various educational literature, studying the recommendations of psychologists and educators, participating in seminars and trainings for parents is an integral part of this process. The pedagogical knowledge and skills of parents directly affect the quality of communication in the family, the formation of the child's personality and the general educational environment. In order to communicate effectively with the child, parents must be pedagogically prepared, because this is the greatest gift and the strongest foundation that can be given to the child. To establish strong communication with children in the family, parents and caregivers need to create an environment based on respect, empathy, and clear, age-appropriate dialogue. Combining pedagogical strategies like positive reinforcement and modeling with psychological support such as emotional availability and trust-building ensures that children feel valued and understood, fostering healthy relationships and effective communication.

Developmental communication

Developmental communication plays a special role in establishing communication with the child in the family. Communication is not only a means of exchanging information, but also a means of developing the child's personality, ensuring his socialization and shaping his consciousness. Unfortunately, in some families, communication with the child mainly consists of giving orders, scolding or controlling. This approach prevents the child from openly expressing his opinion, making independent decisions and taking the initiative. As a result, the child may become a person who closes his inner world or acts only on instructions.

The main features of developmental communication: both parties should be active, only the parents should speak and the child should not be a listener. There should also be a communication environment where the child can freely express his thoughts and feelings. In the elements of question-and-answer and discussion, it is necessary to ask the child questions, learn his worldview, and think together about life situations, which should develop the child's thinking. Even if the child expresses a wrong opinion, it is necessary to continue the communication by explaining and commenting, rather than rejecting it. If a child is confident that he will not be judged for every thought expressed, he will be more open in communication. The culture, tone, and patience of parents in communication also shape the child's own speech. Through communication, the child learns to think, understand, and solve problems. The skills of making independent decisions, expressing one's own opinion, and treating others with respect are formed. The child feels valued, heard, and understood. Personal values - responsibility, honesty, respect, and love - are formed. Developing communication is one of the main factors in the mental, social, and moral formation of a child. When family communication is carried out in harmony with the educational task, it serves the healthy development of the child's personality. It is necessary to perceive communication not as a means of control or command, but as a process of thinking, learning, and formation together with the child.

2. Psychological conditions

The formation of a child as a person, his mental stability and the main skills for entering into social relationships are formed precisely in the family environment. Therefore, establishing effective communication with a child in the family requires not only pedagogical, but also psychological approaches. Psychologically healthy communication between parents and a child stabilizes the atmosphere in the family, helps the child feel free and enriches his inner world. Creating a comfortable psychological environment. The first and most important factor in psychological conditions is that the child feels safe, needed and valued in the family. If there is an atmosphere of fear, criticism, constant punishment in the family, the child avoids communication, learns to lie or close himself off.

The following circumstances help create a psychologically favorable environment:

- Parents being kind and patient,

- Trying to understand rather than blame the child,
- Providing emotional support and encouragement,
- Providing guidance through advice rather than criticism.

Emotional closeness between parents and children is the most important condition for communication. The child should have the opportunity to share his feelings with his parents. To do this, you need to listen carefully to the child when he speaks, acknowledge and do not reject his feelings, and do not consider the child's pain to be small. If the parent is indifferent to the child's emotional state or constantly criticizes him, the child will gradually withdraw from communication and learn to hide his internal problems. Psychologically healthy communication should be constant. It is necessary to communicate with children every day, not only when a problem arises. This increases the child's closeness to the parents and allows them to talk openly about any issue.

To communicate properly with a child in the family, it is necessary to take into account not only educational rules, but also psychological needs. Open, healthy communication occurs only in a family where the child feels understood, valued, and trusted. Communication with a child in the family is not a simple conversation, but an integral part of the educational and psychological process. This communication should be based on love, understanding, and patience. Every word, action, and attitude of parents has a positive or negative impact on the child. For effective communication, the following points should be remembered: talking with the child every day, understanding and appreciating his feelings, conducting conscious communication with an educational goal, creating a friendly and positive atmosphere in the family. It is these conditions that play an important role in the child's growth as a healthy person.

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