

**TEACHER BACKGROUND INFORMATION
CHILD, PARENT, ADULT COMMUNICATION STYLES
(TRANSACTIONAL ANALYSIS)**

Child

This style of communication is the easiest and most natural to use. It is also very immature and the least effective method of communication when you are an adult. It is characterized by:

Self centered motives

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| Giving orders: | "I want...", "It's mine", "You do this for me" |
| Not listening: | Doesn't listen to anyone/doesn't want to |
| Topping: | "You got a B+? Well, I got an A+" |
| Throwing tantrums: | Hitting, biting, scratching, kicking |
| Whining: | "That's not fair", "Why can't I...?" |
| Name calling: | "You're such a pig", "Dummy", "Idiot" |
| Yelling: | Raising your voice to get control |
| Verbal Abuse: | "Why did you do that? That's stupid", "You're so dumb", |
| Interrupting: | Start talking before someone else finishes |
| Acting out of control: | Physically unable to control oneself |

To communicate in this form, you do not need to be a child. Many teens and adults revert back to these childish communication habits when they are frustrated or upset.

Parent

This style of communication has nothing to do with age or being the mother or father. In fact, two-year-olds are very good at this. It is the mode of communication that directs others' behaviors. It is effective in that you usually get someone to comply or act a certain way, but it is a one-way or dictatorial communication. It is characterized by:

Giving instructions
Directing
Punishing
Demanding
Ordering

Examples of a child using the parent form of communication might be: "Mom, get me a cookie." A teenager would use it like: "Go get my book out of my locker," or "Lend me a dollar."

TEACHER BACKGROUND INFORMATION
CHILD, PARENT, ADULT COMMUNICATION STYLES - CONT'D
(TRANSACTIONAL ANALYSIS)

This style of communication gets the point across and affects the behavior of others. It is commonly used to deal with someone who is communicating as a child. Teens want to be treated as adults, but when they resort to child-like communication techniques (e.g., whining, temper outbursts, etc.), others around them resort to using parent techniques.

Adult

This style of communication is the highest level and is the most desirable and effective. It is characterized by:

The desire for open, two-way communication
Taking responsibility for comments and actions
Remaining calm
Showing respect for others' feelings and opinions
Wanting to resolve problems with a win-win attitude
Having trust in others
Controlling emotions while discussing

