

## Barriers and Strategies for Effective Communication between Parents and Children in the Family

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**Abstract :** This article deals with the issue of effective communication between parents and children and its impact on the family in general and on the child in particular. The aim of this article is to provide information to parents, students, anyone interested in family communication between parents and children, and to provide them with tools to deal with barriers to communication in the family unit. The article presented a literature review of the importance of effective communication in the family, the definition of the concept of communication, and was a reference to factors and barriers in communication between parents and children leading to conflict destructive to the extent that barriers to effective communication in the family unit. At the end of the article, strategies were introduced to motivate children to behave appropriately, and to equip parents best to foster the healthy development of their children when they can create an atmosphere of effective communication. From the literature review, it's found that effective communication between parents and children prevents problematic behavior and helps children understand how to communicate effectively with others. Communication between parents and children is the cornerstone of a happy family life and is the basis for positive interactions between parents and children and increases self-esteem in children.

**Keywords :** children, communication, conflict, family

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