

Dialogue important among family members -- psychologist

Dialogue is a key for good husband-wife relations and a major factor in raising positive children.

Head of Al-Mohannadi office for psychological and social counseling Khalid Al-Mohannadi told KUNA that without dialogue, conflicts increase among family members and that leads to psychological and social problems that may also result in divorce.

A 2006 Lebanese statistic showed that the lack of dialogue among spouses was the third main reason for divorce, he said.

He pointed out that if conflicts start among children, parents should not solve them by imposing a particular opinion, but should convince the children to sit together and talk.

The children and parents should have an environment of freedom and respect at home in which they could express their opinions.

He said family dialogue should not involve speaking in a loud voice or using unkind words.

Family members should look at the speaker and listen carefully and avoid interrupting him or her as much as possible, he stressed.

Al-Mohannadi said that family members that are blamed a lot by others avoid talking to them and prevent participating in dialogues.

When authority is imposed and children are threatened to be hit, there can be no dialogue, he added.

Teaching children morals and values is very important, however lecturing them around the clock produces boredom and prevents the children from expressing their feelings, he said.

By Hani Al-Awadh KUWAIT, Sept 29 (KUNA)

Source: www.kuna.net