



## Communication breakdown

By Nina Lamparski

### FORGET ME NOTS

Here are few hints on how to fall in love all over again, if the flame is in danger of fizzing out:

- **Never assume, always ask:** No matter how close you are, you cannot read your partner's mind.
- **Think ahead:** Suppress the urge to blurt out spontaneously, and be clear about what you want to say.
- **Express yourself:** Use lead-ins such as I need, I want, I feel.
- **Listen up:** Be open and willing to hear your partner's side of things.
- **Make time:** Close the door, don't answer the phone, and give each other undivided attention.

### READ OF THE WEEK

How often have you tried desperately to understand why your baby cries? Parents are faced with a tough task when it comes to communicating with their babbling bubs. Jackie Durnin's *Australian Baby Hands* is a fascinating step-by-step guide – endorsed by Deaf Children Australia – which teaches how to converse with pre-verbal kids using Australian baby sign language. Your child can learn to sign words such as eat, drink and change. Scientific studies show that babies can benefit with higher IQs, advanced early literacy skills and improved memory. The book is \$29.95, available at [www.australianbabyhands.com.au](http://www.australianbabyhands.com.au)

