

MAMA TENDO

YOUR CHILD'S SILENCE CAN HAVE LOUD MEANING

Some children are naturally talkative. They fill the home with stories about school, friends and small daily adventures. Others, however, grow quiet. They answer questions with only a few words, avoid conversations, and sometimes seem to live in a world of their own. For many parents, this silence can be confusing and even worrying.

When a child stops talking or becomes unusually withdrawn, it is often a sign that something deeper may be happening emotionally.

Children communicate in different ways. Some express their feelings easily with words, while others struggle to put their emotions into language. When a child feels overwhelmed, hurt, misunderstood or afraid, silence can become their way of coping. Instead of speaking, they retreat inward.

Emotional withdrawal can happen for many reasons. A child may feel constantly criticised or corrected and decide that speaking only leads to trouble. Another may be dealing with bullying at school but does not know how to explain it. Sometimes, children feel that their parents are too busy or too quick to judge, so they simply keep things to themselves.

Family dynamics can also contribute. In homes where shouting, harsh discipline or constant comparison between siblings is common, children may learn that silence feels safer than expressing their thoughts.

Technology can also play a role. When children spend long hours on phones, tablets or television, real conversation slowly disappears from the home. A child who once shared stories freely may begin to retreat into screens instead of relationships.

It is our parenting duty to help the silent, very quiet child find emotional expression by allowing them opportunities to speak and share their opinions. Stimulating expression is necessary, especially for children who are naturally quiet. Parents should intentionally create spaces where such children feel safe to talk, ask questions and participate in conversations without fear of being dismissed or judged.

Simple daily habits can help. Eating meals together, taking walks, doing chores side by side or driving together without distractions can create natural opportunities for conversation. Children often open up more easily during relaxed moments rather than during formal questioning.