

Family Talk

Good communication is very important for the family's well-being.

We communicate in two ways: with words and without words, also called "body language."

***The way we
feel, talk,
listen and
behave affects
our family
relationships.***



Ways to Improve Your Communication Skills:

- ▶ Avoid "put downs" like: "You left such a mess in the kitchen!"
- ▶ Let the other person know what action you expect: "The dishes are still in the sink. They need to be washed now!"
- ▶ Practice active listening. Try to fully hear and understand what the other person is saying. Show by your gestures and expressions that you are listening.
- ▶ Do away with distractions. Turn off the TV or go to a quiet place where you can talk.
- ▶ Use silence. Being quiet can help the other person take the time he or she needs. Sometimes it's hard to express our feelings.
- ▶ Use encouraging words: "Uh- huh" or "Tell me more." Ask questions such as, "Let me see if I understand. Are you saying that...?"
- ▶ Repeat, in your own words, what the other person is saying. "You're feeling good about yourself for doing such a good job!"

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