



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."

Ways to Improve Your Communication Skills:

Avoid "put downs" like: "You left such a mess in the kitchen!"

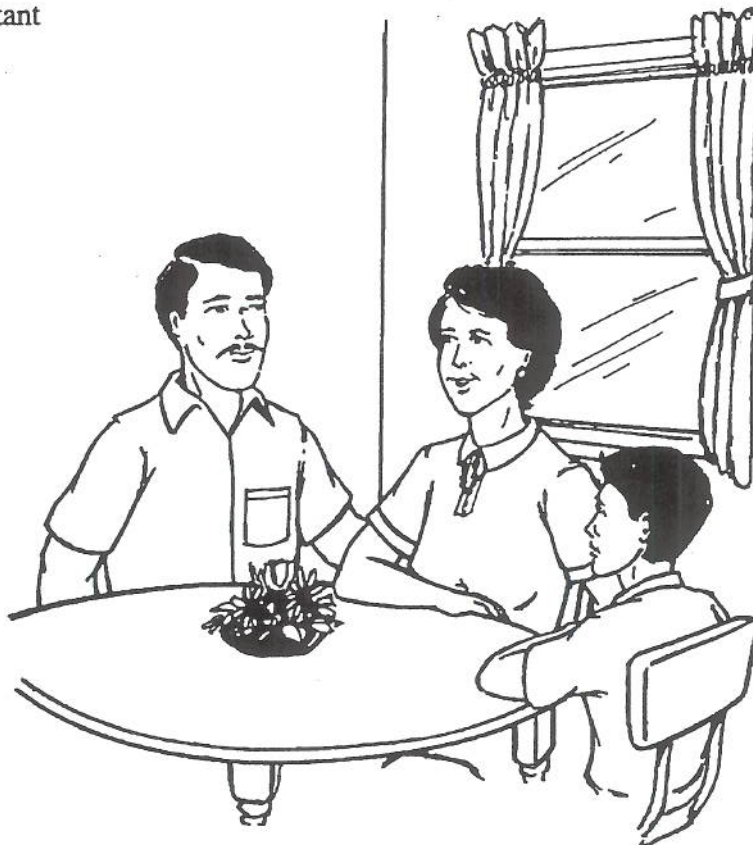
Let the other person know how you feel: "The dishes are still in the sink. I want them done now!"

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!"

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