COMMUNICATION

Communication skills are very important in building a strong family. Families with good communication skills are able to express their love and appreciation, share difficulties with each other, and respond to changes more easily.

Listening is one of the most important parts of communicating. Families who develop good listening skills really get to know each other and develop stronger relationships. They are better able to understand other people and respond to their needs.
Listen and Learn
Good listeners take turns and don’t interrupt the person who’s talking. In this activity, family members pass a ball from one person to another. Only the family member with the ball may speak. Topics of conversation are suggested. Suitable for all ages.

Do I Really Know You?
Do you really know the other members of your family? In this activity, each person takes a quiz and answers the questions the way he thinks the other person would answer them. The activity is a fun way for family members to find out about each other. Suitable for age 8 and older.

Tuck-in Talks
This simple activity helps parents and children communicate. Bedtime is an ideal time for parents and children to review the day or resolve difficulties. Suitable for age 3 and older.

Cross-Country Conversation
Many parents and children do not live in the same place. This activity helps family members keep up to date by sending a book of notes back and forth. Suitable for all ages.

The Family Meeting
A family meeting is a time to listen to each other, talk to each other, make decisions together, and share time as a family. This activity gives ideas for planning and holding a family meeting. Suitable for all ages.

Tube Talk
Today’s families spend a lot of time watching television. You can use television as a conversation starter. These questions will help your family evaluate the television shows they watch and decide which shows are compatible with their family values. Suitable for age 8 and older.