

# Family Communication

## Skill # 1 **PRAISE YOUR CHILDREN**

**P**raise your children by expressing approval or admiration for them. This builds their self-confidence. Focus on their beauty and strengths. Make it a point to catch your children being good.

Believe in your child and encourage her talents. Freely give sincere praise. Talk to your child as if she were the most important person in the world, because she is.

With your words and actions, let your child know you like him just because he is who he is. Make it a point of telling him that you will always love him, no matter what.

Think of how fortunate you are to have these marvelous children in your life. Give each of them a hug, a kiss, a wink, or a smile to show them it's true.

## Skill # 2 **HAVE FAMILY MEETINGS**

**A** family meeting is a way of making decisions that affect the whole family. It's a time to share openly and honestly, and it's a time for planning fun things. Even if you are a two-person family, you can still have successful family meetings.

Family meetings teach important skills. Some of these skills are leadership, trust, caring, and good decision-making. Give everyone an equal voice in the family meeting. That way each person feels valued.

Plan to meet regularly at a time that is good for everyone. No one should feel rushed. Deal with problems head on, and do not allow put-downs. Be a good listener. Look each person in the eye when they talk. Give them your full respect and attention.

## Skill # 3 **CELEBRATE WHAT IS SPECIAL ABOUT YOUR FAMILY**

**W**hat is special about your family? Talk about this with other family members and friends. Make a list. Include things like how you love each other, how you have fun together, and what you have learned from hard times. Don't forget all the happy memories. Celebrate these blessings!

Help family members appreciate the benefits of living in a solo parent family. For example, the parent-child bond is often very close and strong. And children in solo parent families are usually very good about helping out and taking care of their own needs.

Have a family celebration dinner for a great report card or other achievements. Or serve popcorn and let each person tell what they like about your family.

**ACTION PLAN**

Focus on one of the above skills. How could you apply this skill in your life? Choose one small but important change you really want to make in the next few days. Think positive. See yourself carrying out your goal. **Write your action plan in the space below:**



**COOPERATIVE EXTENSION SERVICE: University of Kentucky & Kentucky State University**

Community Connections for Children—Bluegrass Area Development District