



PowerTalk for Families Effective Communication

In our Power of Choice lesson today, we talked about the components of effective communication. We learned that verbal and non-verbal cues communicate what we are thinking and feeling. Individuals who are effective communicators are better able to make decisions consistent with their goals and develop healthy relationships. This activity will help you and your child continue to build the skills necessary for effective communication.

Show you are an effective communicator by:

- Making eye contact
- Pay attention
- Use a firm tone of voice
- Be aware of nonverbal cues (facial expression, body language, tone of voice)

Family Activity: The Interview

Have your child interview you and ask the following questions regarding your experience with communication.

1. Can you think of a time when you had a miscommunication?
2. Explain what happened?
3. What could you have done to fix the situation?
4. How might you avoid miscommunication in the future?

Pretend you are a celebrity (someone both you and your child know). Answer these questions as the celebrity. Discuss the differences between your answers and the “celebrity” answers.

For more information on Words Your Child Needs to Hear from You, check out this month’s Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>