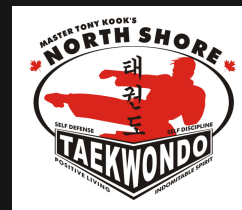


Communication

"The single biggest problem in communication is the illusion that it has taken place." – George Bernard Shaw



Dear Parents and Guardians,

As a parent, you're aware how important it is to communicate with your children. It may seem harder to communicate with them as they get older, but it's even more important then. Below are some suggestions on how and why to communicate better:

Encourage communication; don't shy away from any topics. Be honest and open to what they are asking and saying.

Use conversation to keep up with children's activities, likes, dislikes, and their relationships with friends and family.

Talk to your children and help them set goals and solve problems. Example: If you go to Scouts this afternoon, let's talk about when you can do your homework.

When correcting your children's behavior, provide a calm explanation for your preferences. By giving a reason, you help them understand the implications of their behavior. Example: If your child makes fun of another child for wearing glasses, explain that wearing glasses helps the child see better. Also, remind the child how teasing can hurt another person's feelings.

Talking with your school-age children can help them learn conflict management skills. Peer relationships are very important at this age, but conflicts between children will likely arise. Help them learn to manage conflicts effectively, while preserving the peer relationship, by acting out or role playing with them. Role play scenarios they may face and show different ways of resolving the conflicts.

Depending on the age of your children, communicating may be easier or harder. Sometimes, you may even feel you need assistance. The Internet has a wealth of information that can help you with this topic or your child's school guidance counselor can offer assistance. The important thing to remember is to never quit talking with them.

July

Theme
Of the
Month

***This month our
weekly lessons
will cover:***

Week One:

"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

— Anthony Robbins

Week Two:

"We have two ears and one mouth so that we can listen twice as much as we speak."

— Epictetus

Week Three:

"Communication works for those who work at it."

— John Powell

Week Four:

"Communication is a skill that you can learn. It's like riding a bicycle or typing. If you're willing to work at it, you can rapidly improve the quality of every part of your life."

— Brian Tracy

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