

FAMILY COMMUNICATION

Communication THEN & NOW

- 1) Growing up
- 2) School
- 3) New family dynamics
- 4) What communication guidelines did I set up in my family as a single parent
- 5) Now – retired, old age, living alone

Processes of Communication in Life

- 1) Intrapersonal Communication (speaking to myself)
- 2) Communication with Others e.g. family
- 3) Mass Communication ... Facebook?
- 4) Communication with God ... quiet time

HOW do we communicate with others?

Different Ways

Verbal ##

Non-verbal ##

Written #

Visual

Listening

Different Styles?

Passive

Aggressive

Passive-aggressive

Assertive

Communicating in the Family

- 1) Clear ground rules
- 2) Learn to **LISTEN**
- 3) Family time
- 4) School Activities – “absent fathers”
- 5) Be watchful, know and trust your children
- 6) Entrust to God
- 7) Change is powerful

Assess body language in the pictures:

- (i) contrast in atmosphere
- (ii) expression, look & hands of parents
- (ii) children's expressions & possible thoughts

