

Building Positive Communication

Positive communication starts and ends with love. The acronym 'L-O-V-E' helps us remember some important keys to communication.



Source: <https://drugfree.org/article/community-education-to-address-the-opioid-epidemic/>



How to Talk to Your Kids About Anything



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L Listening

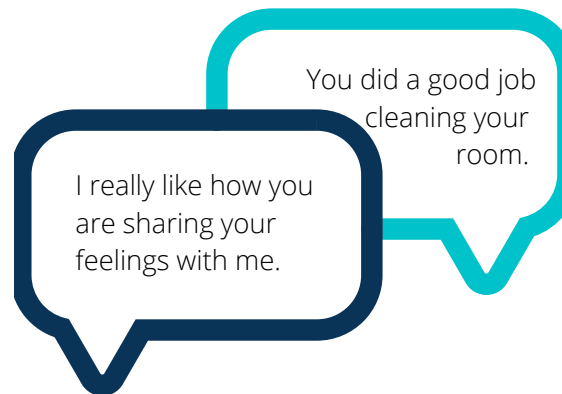
ASK OPEN ENDED QUESTIONS.

Open-ended questions make it possible to keep the conversation going.



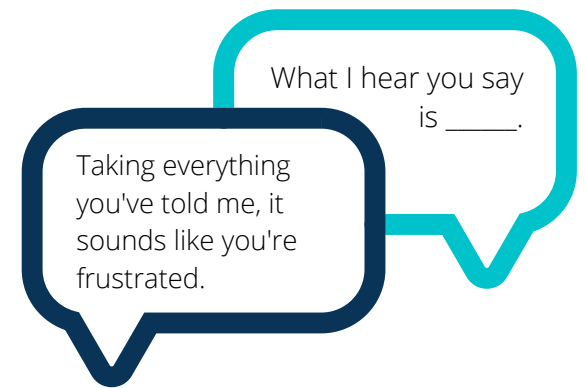
AFFIRM. FIND A POSITIVE

- Comment positively on an attribute
- Show appreciation
- Express hope, caring, or support



REFLECTIONS & SUMMARIES

- Repeat back what you hear your child saying throughout the conversation.
- Tip: Keep reflections shorter than their statement(s).
- Summarize at the end to link together their thoughts and feelings.



O Offering

- Ask Permission
 - "Can I make a suggestion?"
- Provide Information
 - "I'm concerned that you don't have time to play sports and be in the play. Maybe you should choose one or the other."
- Check for Understanding
 - "What do you think?"

V Validate

Acknowledge their feelings and that it is ok to have them.



E Empathy

Try to understand your child's feelings and perspective, even if you do not agree.

