

SIMPLE CONNECTIONS stronger families



Healthy communication builds family resiliency.

Healthy communication sets a positive tone for family interactions. When you communicate with your family members openly and in a caring way, you are telling each other that you care and want to work together. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict.

Healthy family communication means:

Being clear. If you are experiencing a crisis or other difficult situation, fill family members in on important information and what they can expect. This will help them avoid worries about the worst. Being open, rather than secretive or vague, promotes healing, closeness, trust and security.

Being open. Talk to each other regularly about what's happening in your lives. Express your feelings and concerns and invite others to do the same. Accept that others may have different feelings, beliefs and points of view from your own. It's important that everyone feels free to express their feelings being judged or feeling ashamed.

Caring about other family members. You can show you care by listening without judging, providing comfort and being kind and encouraging. Even when you are struggling with your own emotions or are disappointed in someone's behaviour, speak calmly, avoid swear words and abusive language, and focus on the positive rather than criticizing.

Problem solving together. Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team. Then you can set goals everyone agrees with and is clear on. Working towards these goals will bring you closer and give your family a sense of accomplishment. Having a positive outlook can also be a great tool when problem solving.

Sharing information appropriately. Consider the age, values and beliefs of your family when sharing information. While it's important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers, it's important to be open and direct about things like sex, drugs and alcohol. Take the time to discuss the pros and cons together rather than simply telling them, "Don't do that".

For specific tips on developing healthy communication to build your family's resiliency, check out the Simple Connections, Stronger Families resources on YllMyHome.com



www.YLLMYHOME.com



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Take a few minutes to explore the simple ideas and check off the things that your family is already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to feel close.
- Listen with understanding and empathy.
- When times are busy, use a car ride to talk.
- Explain the situation so everyone understands and knows what to expect.
- A hug may be more powerful than words.

Our family ideas: Simple things we do:

- _____
- _____
- _____

Simple things we plan to do:

- _____
- _____
- _____

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