

SSE Group 4

How to Effectively Communicate with Parents

Lesson Title: How to Effectively Communicate with Parents

Value: Non-Violent Communication

Sub-Value(s): Patience, Respect

Objective: Identify blocks to Communication and avoid using them.

Questions:

1. What was is your parents' style of communication? How does it make you feel?

Good communication enables validation, heightens understanding of common goals and purpose and creates an atmosphere of love and unity. Poor communication focuses on blame, ridicule, criticism, forcing obedience, conveying anxiety destroys self-confidence, creates misunderstanding.

2. What type of communication do your parents have with your grandparents?
3. Role Play A
4. Role Play B
5. Role Play C
6. What behaviors during communication block progress?
 - Domination: should have, ought to have, ordering, threatening.
 - Manipulation: buttering up, withholding information.
 - Denial: false reassurance or refusing to address the issues.
 - Disempowering: ascribing motives, ignoring etc.
7. What behaviors enhance your communication?