

PREVENTION CORNER

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The fourth issue of our Prevention Newsletter explores effective communication skills just in time for the start of the holiday season. It is now more important than ever to help youth develop communication skills, especially due to the digital modern world we live in. Research shows children with effective communication skills are better able to resolve conflict peacefully, share feelings, and share ideas with others, enhancing cooperation and relationship building. In this issue, we discuss the different communication styles, as well as the importance of nonverbal communication. These skills will allow us to make sure that our message is being received!

"Communication works for those who work at it."

- John Powell

Our Prevention Team welcomes the holiday season by sharing tips on effective communication skills. Visit the Prevention Talks link which can be found in the location and contact info section on page two of the newsletter.



Gratitude Jar

You can teach your kids gratitude with a daily gratitude jar activity. Each day, ask your child to write down something they're thankful for. The power of positive thinking can improve their mood and happiness.



Communication Skills

Studies have shown children who are effective communicators are more likely to bond with their peers and develop healthy relationships. For the month of November, we provide strategies on how we can be effective communicators when interacting with those around us. Through practice and experience we can all express how we feel so that others may understand us better. Lets welcome the fall season by expressing yourself!

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EXPRESS YOURSELF

What is Communication? Communication is the sending and receiving of information between two or more people so the message can be understood. The two types of communication are verbal and nonverbal communication. Verbal communication is when we communicate by speaking or writing, while nonverbal communication is when we communicate without words. We do this through our body language, gestures, and facial expressions. 90% of the way we communicate is through the use of nonverbal communication! This means both the speaker and the listener must pay close attention to their nonverbal cues.

There are three different communication styles we can use when communicating with our friends and families, and all have their own nonverbal characteristics. An aggressive communicator often uses a loud and bossy tone of voice. Using this tone of voice shows the listener the speaker does not care for the listener's feelings. The second style is a passive communicator, who often uses a soft and shaky tone of voice. By using this tone of voice, the

listener may think the speaker is unsure of themselves. Finally, the third style involves assertive communicators. Assertive communicators use a firm and positive tone of voice. Being assertive shows you are confident in who you are and what you have to say, and it also shows you respect the other person. When we are assertive, we keep our shoulders back, while making sure we maintain eye contact with the listener. Practicing how to be an assertive speaker can help us better express ourselves!



Upcoming Events

Parenting Classes:

Spanish Parenting: Begins November 18, 2020

*Classes are offered weekly for six consecutive weeks on Zoom.

DLC Events:

Sound Minds Luncheon: November 20, 2020

The Active Parenting programs provide a unique opportunity for you to interact with our Prevention Specialists and other parents who often share similar experiences raising children today. Together, we learn additional skills and strategies to improve communication, build character and responsibility in each child, use positive discipline practices and minimize power struggles. Research based program materials, videos and group discussion offer an interactive and dynamic learning community.

LOCATION & CONTACT INFO



David Lawrence Centers for Behavioral Health | Prevention Services
2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013
Parenting Classes: <https://davidlawrencecenter.org/parentingprograms/>
Prevention Thursdays: <https://davidlawrencecenter.org/prevention-talks/>
Stand Up: <https://davidlawrencecenter.org/stand-up/>

