

**WELCOME TO**

***JOINT CULTURAL ORIENTATION***

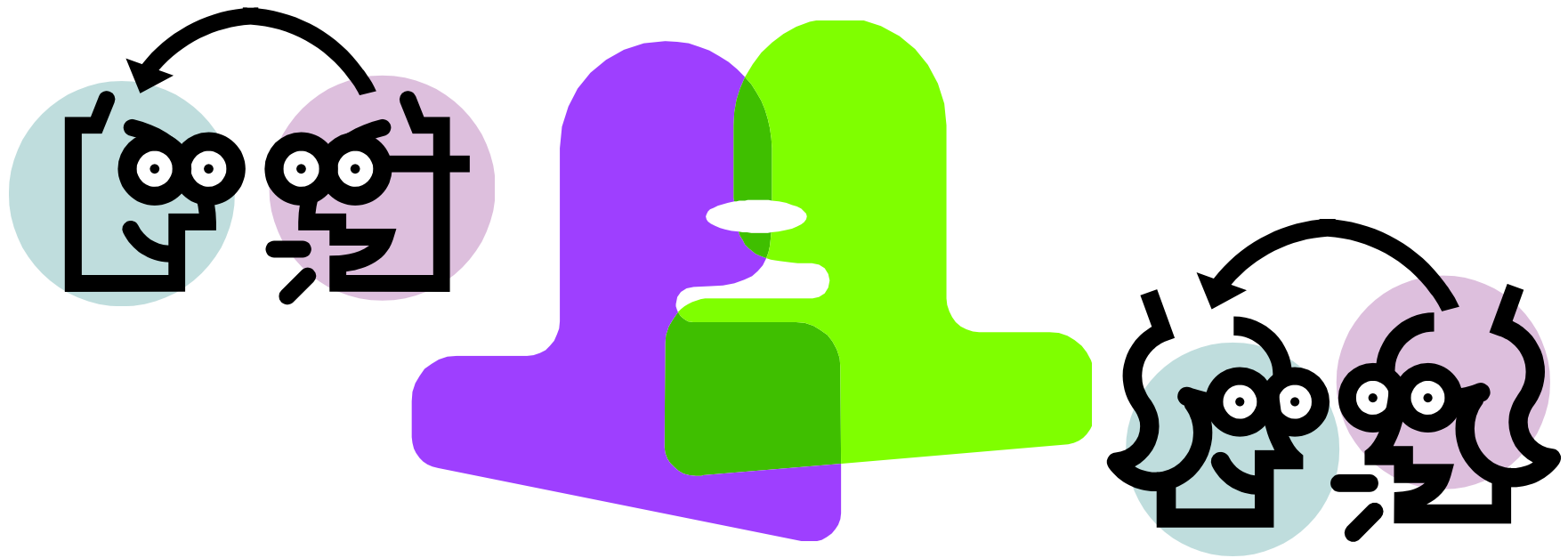
This program is a cooperative effort of  
PARA/Bethany, Lutheran Social Services,  
and Refugee Support Services.

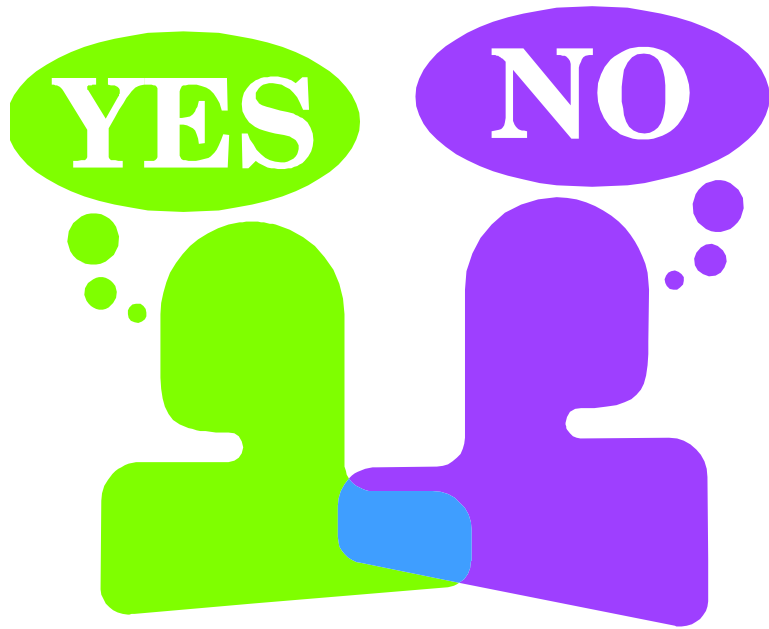
# **Communication Skills to Keep Families Strong**

**Getting the Help You Need**

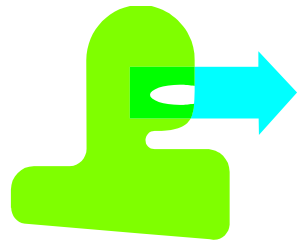
**Working Together for a  
Better Tomorrow**

To keep ourselves and our families strong, we must be good communicators.

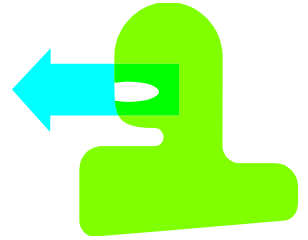




**In healthy families, adults are in charge, and parents make the rules.**



# Parents make the rules



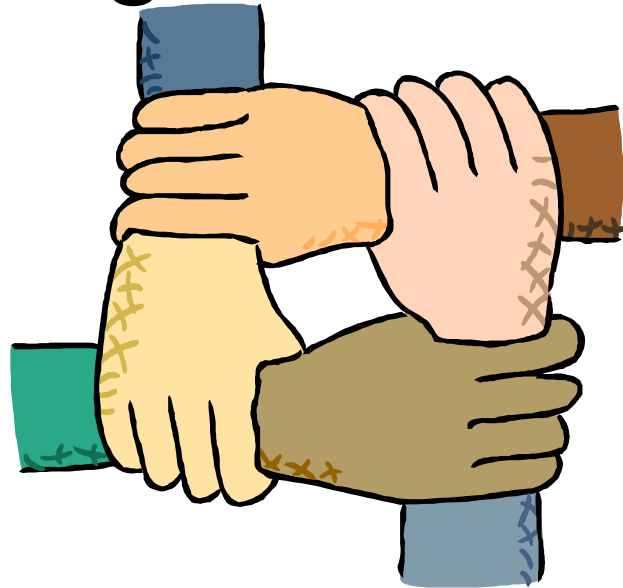
- Make rules for what you want, not what you don't want
- Make rules specific
- Be clear that there are both rewards and consequences to rules
- Let children help make rules, if appropriate
- Be sure children know the rules (Tell them, ask them to explain, repeat rules.)

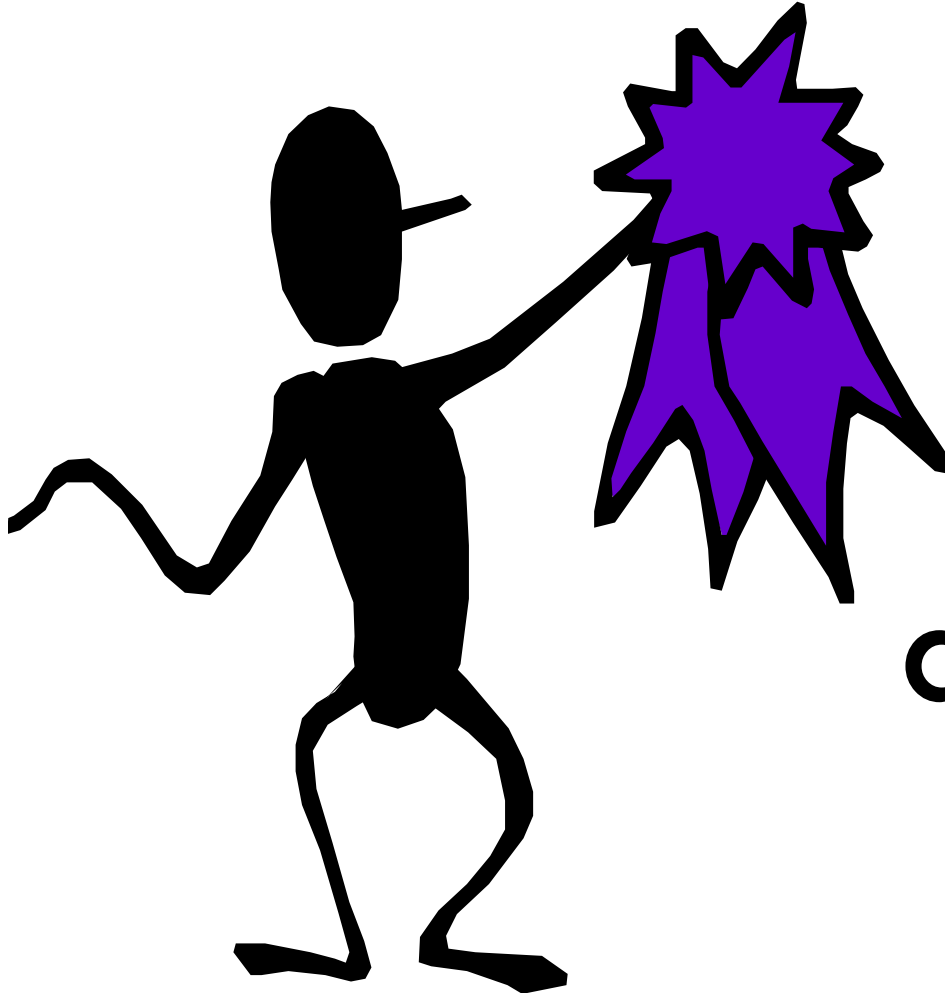
# Listen to your children

- Save teaching for later, when children choose to talk to you
- Listen and repeat back what your children say to you



To be successful in our new life,  
we need to learn to be good  
communicators, and to develop  
strong relationships.





**To be a  
successful  
communicator,  
we need to  
learn to:**



# Speak Up!



# **BUILD YOUR TEAM**

## **Say What You Want**

### **DO**

1. Choose a good time to talk.
2. Say what you want.
  - Stick to one subject.
  - Be specific.
  - Make statements, not questions.

### **DO NOT**

- Say what you don't want.
- Criticize.
- Bring up unpleasant past history.
- Ask a lot of questions.

# Listen!





**Work Together!**

**Ask for help if you need it!**

*“Who can help?”*



What do these pictures  
say to you?

