



Life Skills Training

Dear Family,

One factor believed to play a role in preventing teen tobacco and other substance use is having strong communication skills. The more effectively children can communicate, the more likely they are to be able to talk about things that are bothering them. If someone is pressuring a child to do something he/she does not want to do, good communication skills can help the child to say no effectively.

We've been studying different types of communication. Today we discussed the importance of listening to others and some of the different ways that we can show people we're listening and interested in what they're saying. This will help your child become a better communicator and grow into a caring person who can build good friendships.

There are things that families can do to help their children communicate better. Some children like to keep a diary. If your child disagrees with someone, encourage them to talk about how he/she is feeling, while also listening carefully to the other person's point of view. Children learn a lot from how we act around them as well. They'll pick up these skills more easily if they see you starting to talk about your feelings and listening carefully as well. That will help them grow up to be healthy and able to make good friends who'll support them through their lives.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes,