

## Taking Time to Talk

Scheduling time with your family to have conversations or just to catch-up on the latest events is one of the most important things you can do to build positive family relationships. Start with a few things and build up to taking time to talk because it becomes a part of your everyday routine.

### Tips for Increasing Communication Time

- Expect all family members to share a meal together at least three times a week.
- Open conversations while you are participating in a family activity, like a walk through the woods or playing a game of catch.
- Be considerate of your child's comfort level with conversations. Some may like to talk at restaurants while others may prefer to talk around the kitchen table.
- Turn off the radio while you're driving or play a game instead of watching TV.
- Schedule regular family fun events like a weekly family night or a monthly family outing or a nightly check-in before bedtime.
- Try to start conversations in new ways. Instead of asking how school was today, tell me something exciting about your day.
- Be willing to stop and listen to your child when he has something to say. If you cannot stop, explain why and make a plan to reconnect later that day.
- Talk with your family as much as possible and see what it does for your family. It may be difficult at first, but you'll find with practice, taking time to talk will become a part of your everyday routine.

[www.search-institute.org](http://www.search-institute.org)

## KYPIRC Mission Statement

*Coordinating services, sharing information, identifying resources, fostering contact, and creating a network to support the interest and needs of parents and schools, and subsequently improved academic achievement.*



*The sky's the limit  
 for student achievement when  
 parents are involved!*

## KYPIRC June Parent Trainings

### **Western KY Regional Training**

June 16; 4:30 pm—5:30 pm  
 "Reading Activities"  
 Christian Co. Public Library, Christian Co.

### **North Central KY Regional Training**

June 14; 6:00 pm  
 "Projects with Dad: A Family Event"  
 Bullitt Lick Middle School, Bullitt Co.

### **Eastern KY Regional Training**

June 8; 2:00 pm—4:00 pm  
 "Parenting for Violence Prevention"  
 Betsy Layne Elementary, Floyd Co.

***Please visit our website:***

**[www.kypirc.org](http://www.kypirc.org)**

*for more June training dates and other helpful information!*