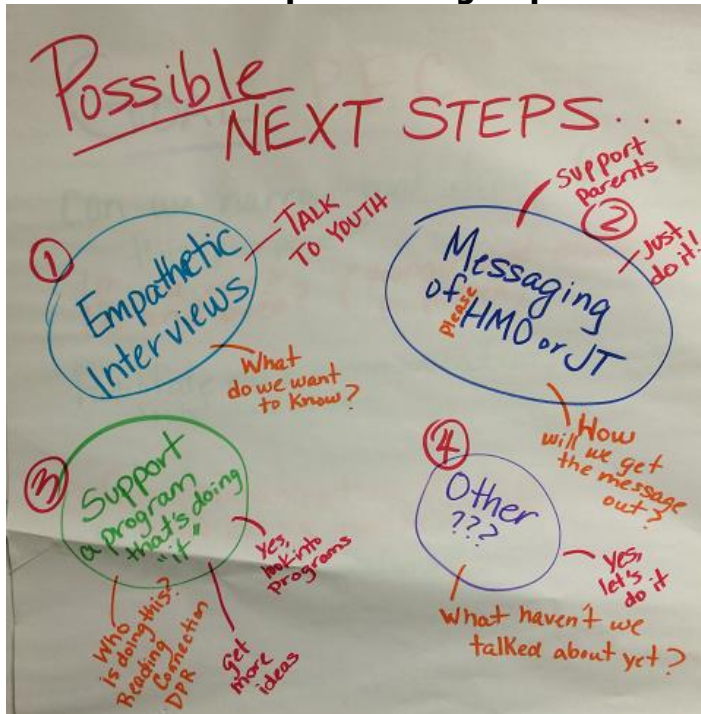


Goal of Positive Family Communications:

Facilitate more communication within families, between kids and parents/caregivers.

Define *communication* of PFC, what do we mean? Notes, e-mails, verbal, non-verbal, activities, etc.

Possible Next Steps for this group:



- 1) Empathetic Interviews to gather additional information**
- 2) Messaging of the Please Hear Me Out/Just Talk Information**
- 3) Support programs that are doing it!**

Use Empathetic Interviewing (Design Thinking) to get more information and to find out what teens/parents think. We should interview parents/caregivers, teens, possibly as young as 4th and 5th graders.

NOTE: The Childhood Obesity Workgroup will be trained in this method on June 30th 6:00 – 7:00. THEY ARE ASKING YOU to join them at 7:00 so they can practice interview you. This will give you an idea of what is involved. Once that is done, we will work to set a date for your very own training ☺

Possible questions:

At what age did communications with your child/parent change?

When does it stop or get shut down?

Do you (parent) want to know everything your child does?

Do you drink, date, etc?

Do you (kids) talk to your parents about tough topics?

What do you talk to them about?

Think about when you have had a good conversation

What was it about?

How did it happen?

When talking with parents, do we want to know more about the child?

Age, Any diagnosis?

Also - bring a handout with additional information when interviewing for PR!

As we move forward...

We are formally finished meeting, however, I will keep you on the list to ask you periodically to participate in events/activities. If you ever want to be removed from the e-mail list, just let me know.