

Family Connect



Putting the Pieces of Family Visits Together

A workbook for young people in foster care

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Communicate

Unless you live in a cave and never see other human beings, you send and receive messages to and from the world around you. In other words, you communicate. Maybe you think this doesn't include you, but even if you never even talk to people, even **THAT** sends a message to them. You might be a fantastic communicator or maybe your communication skills rank with that of a rock. But the reality is, like it or not, there really is no other way around dealing with people. We aren't born with communication skills, they are learned and practiced through life experience and our relationships. The problem is that how **WE** communicate affects how **OTHERS** respond to us. So it will help you A LOT to learn some communication skills, especially while you are living in the wacky world of foster care.

Here's How:

- Be Real-say what you mean and mean what you say
- Listen to others
- Use I-messages
- Avoid Communication Fouls

Communication Quiz

People in my family communicate by;

- Yelling or calling each other names
- Talking things out
- Listening to each other
- Nobody talking about anything - silence
- Making jokes

When I need help from someone else I usually;

- Ask a person I trust
- Hope they will read my mind and help me
- Yell and scream until someone helps
- I never need help, I take care of myself
- Help them so they will help me

The reason kids might choose NOT to communicate with others about their thoughts and feelings;

- People can't be trusted
- People don't really care what kids have to say
- People might not understand
- Some kids just don't know what to say
- People might not listen to them
- Someone might yell at them
- They just don't want to....

Improving my communication skills can help me;

- Feel better about myself
- Have less conflicts or problems with others
- Get more trust and respect from others
- Get what I need without hurting myself or others

