

## Day 2: Improve Family Communication Family Today

Good communication is important for a strong family and relationships. Many people lack the necessary skills to communicate with each other effectively which can lead to a whole host of problems within the family unit. Proper communication requires patience and understanding from all involved members. It requires focusing on the problems and concerns as a team. Are you ready to improve the communication in your family? The following steps will help you to reach an acceptable solution together.

Number one: be available. So many times we tell our family, "I'm busy", "not now", or "later." What we are telling them is that we don't have time for them. Their needs aren't important enough to stop and listen. Obeying this command, they turn to others or sometimes hide within themselves. Both solutions make future communication difficult and could lead them to make improper choices. Be available when they are ready to talk.

Number two: leave distractions behind. Give them your full attention. Don't think about what's going undone. This is not the time to multitask, this is the time to let them know you care and are concerned about their problem as much as they are. Don't answer the phone. Better yet, turn it off. Turn off the TV, smartphone, tablet, gaming device, and the computer. Focus and stay mentally involved in the conversation.

Number three: listen with patience. Listen with intent and interest. Intend to help solve the problem, to hear and see what's being said. Don't assume you know the answer before hearing the complete concern. Remember when you were a child and were told, "you have two ears to hear and one mouth to speak"? Listening is as important as speaking with the right words. Listen carefully to the problem with patience and undivided attention. Only then can an acceptable solution be reached.

Number four: refrain from being judgmental. Speak with understanding and not criticism. Don't attack, point, misjudge, or assume you know the answers until you've heard all the problems or concerns. Ask for clarification so that you and your family can more fully understand the issue. Listen and advise with the understanding it's given in love and without expectations.

Communication is key to a functional family life. Researchers agree that clear, open, and frequent communication is a basic characteristic of a strong healthy family. Families that communicate in healthy ways are more capable of problem-solving and tend to be more satisfied with their relationship.

For more helpful information on improving the communication in your family visit [www.familytoday.com](http://www.familytoday.com).