

DC College Access Program



Communicating With Your Son

Parent Workshop #5



Topics Students are Discussing

Friends

GANGS

SCHOOL

DRUGS

Girls

MONEY





Obstacles to Communication

- Barriers to effective communication
 - Lack of attention to the conversation
 - Differences in view point
 - Language Barriers
 - Barriers to Non-verbal cues
 - Emotional limits
 - Attitude about the topic





Overcoming the Obstacles

- Set a Pattern or Routine for communicating.
 - Conversation times and locations
 - Remove distractions
 - Don't multitask
- Set Boundaries
 - Allow him to vent respectfully
 - Be willing to share





Overcoming the Obstacles

- Practice Active Listening
 - Listen nonjudgmentally and intentionally
 - Be genuine
 - Ask questions to clarify unclear thoughts
 - Summarize his thoughts
 - Identify the feeling conveyed by his words
 - Make eye contact





Asking Questions

- Open ended questions are: broad questions that require more than one or two word responses.
- Close ended questions are: Narrowly focused questions that can be answered in one or two word responses





Asking Questions

- When communicating it's commonly helpful to use open ended questions that allow for thoughtful responses.
- Close ended questions provide quicker responses.
- Examples
 - Close ended: Did you have a good day at school?
 - Open ended: Tell me about your day at school?





He Just Won't Listen...

- When you discipline these tips might help the communication
 - Be clear & calm
 - Try not to yell
 - Focus on the behavior not him as a person
 - Be Empathetic (see the situation from his eyes)





We are here to help

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