



**AYON LOCAL SCHOOL DISTRICT**

## **FAMILY TOOL KIT**

At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!



### **LET'S TALK.....**

Do you know that the most powerful skill for strengthening and improving family relationships is *healthy communication*? The quality of communication determines the success of parenting and happiness of children. Let's explore how we can **REBOOT** our family communication style, by practicing three essential steps.

1. **Behavior** ~ modeling positive behavior is vital. Parents must model the positive behaviors that they want to see in their children.
2. **Language** ~ choice of language has a powerful effect on children. Avoid language that is degrading or demoralizing; hurtful language damages a child's ego and undermines their self-esteem.
3. **Listen** ~ listening is curative; children who feel their parents are engaged listeners develop a positive sense of self and trust more.

Please visit **Psychology Today** for more detailed educational resources regarding healthy communication:  
<https://www.psychologytoday.com/us/blog/when-kids-call-the-shots/201912/3-essentials-healthy-family-communication>



- Discuss parenting decisions before including the kids – being on the same page demonstrates team work. <https://www.empoweringparents.com/article/when-parents-disagree-how-to-parent-as-a-team/>
- Have family meetings - meeting at a time when everyone is well-rested and relaxed. Use such meetings to establish family rules and routines. Let everyone get an equal share of the talking time. Be sure to process conflicts, acknowledge progress, and set shared goals. <https://www.psychologytoday.com/us/blog/emotional-fitness/201209/10-tips-holding-family-meeting>.
- Positive reinforcement - praise your kids' positive choices. Pay particular attention to improvements in your communication style. Simple acknowledgments such as, "I like the way you said that" or "I appreciate that you told me that" reinforce gains. Check out this website for positive examples. <https://positivepsychology.com/positive-reinforcement-psychology/>
- Healthy Family Activities – unplug for bit. Every family needs healthy activities that they enjoy together. Here are some fun family ideas: <https://bucketlistjourney.net/family-activities-things-to-do-with-kids/>



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***We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor @ [atrumanskvor@thelcadaway.org](mailto:atrumanskvor@thelcadaway.org) or [trumanskvorashley@avoneagles.org](mailto:trumanskvorashley@avoneagles.org). The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ [Keys to Prevention](#). THANK YOU!***

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