



**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

POSITIVE FAMILY COMMUNICATION

October Asset of the Month

“Listen to anything your children want to tell you, no matter what. If you don’t listen to the little stuff when they are little, they won’t tell you the big stuff when they are big, because to them all of it has always been big stuff.” –Catherine M. Wallace

Definition

Young person and their parent(s) communicate positively, and young person seeks advice and counsel from parent(s).

The Importance of Positive Family Communication

Positive family communication creates a positive foundation for all communication. For it to occur, all family members must be comfortable sharing their needs, wishes, and concerns in an honest and trusting environment without fear of rejection. Establishing positive communication when children are young may help keep the channel open during the teen years.

What You Can Do

- Make it easy for your child to spend time talking with you: when you’re in the car together is a great time to chat.
- Ask young people you know caring and open ended questions, such as: What was the best thing about school today? Why? Listen to their answers and respond accordingly.

To learn more about Project Cornerstone, visit us at
www.projectcornerstone.org