

**Communication Do’s and Don’ts**

**MY NAME IS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructions: Color each DO with your favorite color. Cross out the DON’Ts**

|  |  |
| --- | --- |
| Look at the person speaking | Sing, hum, or make noise |
| Ask the speaker to repeat what was said if I didn’t hear it | Make sure that I can hear the speaker |
| Talk over the person speaking | Keep my body still |
| Keep talking without giving others a turn to talk | Nod my head to show that I hear what is said |
| Wait quietly for my turn to speak | Think about what I want to say |
| Listen to other noises in the room | Wiggle my fingers or tap my feet |
| Think about what the speaker is saying | ~~Look away from the speaker~~ |
| Ask questions if I don’t understand | Answer when the speaker is done talking |
| Talk to someone else who isn’t the speaker | Give each person a turn to talk |
| Think about what the speaker is saying | Pay no attention to the person speaking |

For more resources to help your child and family build healthy relationships, please visit [sanfordharmony.org](http://sanfordharmony.org/).

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