



# healthy communication

## The Art of Connecting

### Parent Workbook and Syllabus

### Delivery Type 1:

### Supplemental Extension

This is an extension of a hybrid implementation of one of the Thrive Initiative core, universal parenting programs that should be delivered to an existing group.





## Summary of Training

Use this summary to help you track your completion times for sessions and meeting dates, times, and location(s).

### Thrive Initiative Course Registration

Due Date	
----------	--

### Introduction Meeting *(Meeting: 20 min/Homework)*

Date	
Time	
Homework	Complete Sessions 1, 2, and 3
Due Date	

### Supplemental Module Meeting 1: Discussion of Sessions 1, 2, and 3 *(Meeting: 60 minutes/Homework)*

Date	
Time	
Homework	Complete Sessions 4, 5, and 6, and the Wrap-Up
Due Date	

### Supplemental Module Meeting 2: Discussion of Sessions 4, 5, and 6, and the Module's Wrap-Up *(Meeting: 60 minutes)*

Date	
Time	
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a>

## Supplemental Module Registration

Complete these steps prior to delivery of the Supplemental Module Introduction (added to the last universal parenting program meeting).

### Access Course in Your Thrive Initiative Account

- Use this link to access the Thrive Initiative’s website: <https://thrive.psu.edu/>.
- Navigate to and select “Modules.”
- Select “Supplemental Modules” in the drop-down menu.
- Identify the module on **Healthy Communication: The Art of Connecting**, and select the “Learn More” button.
- A new web page will open. Select the blue button that reads “Get this course.”
- A pop-up box will ask you to Login or Sign up. Since you have an existing account, select the “Login” button.
- Enter your username or email, and select the blue “Login” button.
- You will be directed to the supplemental module on **Healthy Communication: The Art of Connecting**. Select the blue “Go to Course” button to start the online supplemental module.

**If you have any difficulty accessing the Thrive Initiative supplemental module, we would be happy to assist you!**



The Thrive Initiative Team can be emailed at [thrive@psu.edu](mailto:thrive@psu.edu).



Phone inquiries can be directed to **1.877.382.9185**.

# Introduction Meeting



**Introduction Meeting**    *20 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an overview of the program and ensure you have access to the Thrive Initiative website and supplemental module.

## Step 2: Complete Homework [For Supplemental Module Meeting 1]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session One: Welcome and Introduction
- \_\_\_\_\_ Complete Session Two: You as a Communicator
- \_\_\_\_\_ Complete Session Three: The Relationship Between Parenting Styles and Communication
- \_\_\_\_\_ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in Sessions 1, 2, and 3 during the next meeting by answering the questions in *Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

As you complete the questions and activities, recognize that understanding and implementing the information we are learning will not happen immediately. You will need to use the strategies and skills you have learned throughout **Healthy Communication: The Art of Connecting** consistently and make them part of your everyday life in order to see desired changes in your child's or your reactions or behaviors. Keep practicing what you have learned!

Each time you meet with the other program participants as a group, share and celebrate the small, short-term, positive changes you see in your interactions with your child. Also, consider what the long-term benefits may be for your family as you continue to use the skills and strategies you have learned and are learning in the **Healthy Communication: The Art of Connecting** module.



## ? Session One: Welcome and Introduction Interaction and Discussion Questions

The module provides two examples of communication between parents and children.

- A. Do the exchanges feel positive?
- B. Do you think the type of communication used achieves the intended goal? Why or why not?

Consider your own situation and family.

- C. What communication-related challenges or successes are you currently experiencing with your child?
- D. What is one goal you hope to achieve by completing this supplemental module?

*Reflection:*



*Group discussion notes:*

A large, empty rectangular box with a light pink background and a thin purple border, intended for taking group discussion notes.



## Session Two: You as a Communicator

### The Effects of Healthy Communication and Interpersonal Communication: Interaction and Discussion Questions

In the module, you had the opportunity to reflect on a few examples of parents' intentions and unintended impacts. How might each of the parents better align his or her intention with the impact his or her child experiences in the following examples:

- A. Helping with homework?
- B. Dealing with tantrums?
- C. Praising a child in public?

*Reflection:*



*Group discussion notes:*



## Levels of Messaging: Interaction and Discussion Questions

In the module, you read about two examples of communication challenges within a family.

- A. In the interaction among Jace, Zayne, and Anice, what do you notice about the relationship-level messages that are being communicated?
- B. In the scenario with Hoku and Kanyon, what stands out to you about the content-level messages that are being exchanged?

*Reflection:*

 *Group discussion notes:*



## Understanding Yourself as a Communicator: Interaction and Discussion Questions

In the reflection, you were encouraged to think about yourself as a communicator.

- A. When communicating with others, what do you think you do well?
- B. When communicating with others, what do you think you don't do well?

*Reflection:*



*Group discussion notes:*



## **Session Three: The Relationship Between Parenting Styles and Communication** **Parenting Styles and Communication: Interaction and Discussion Questions**

In the module, you had the opportunity to complete a parenting style questionnaire.

- A. Based on the questionnaire, what is your parenting style?
- B. What are your thoughts about the results of the questionnaire?

*Reflection:*

 *Group discussion notes:*



## ? Authoritative Parenting: Interaction and Discussion Questions

In the module, you were encouraged to review the Authoritative Parenting resource and reflect on the current parenting style and general patterns and communication strategies you use with your child.

- A. What strategies do you currently use with your child that are characteristic of the authoritative parenting style?
- B. What strategies do you want to start using, or use more often with your child?


*Reflection:*



*Group discussion notes*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



# Supplemental Module Meeting 1



**Discussion of Sessions 1, 2, and 3** *60 minutes*

## Homework

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

Return to Introduction Meeting, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after the Introduction Meeting.*

## Step 2: Complete Homework [For Supplemental Module Meeting 2]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session Four: Communicating Effectively as a Parent
- \_\_\_\_\_ Complete Session Five: Fostering Open Communication with Children
- \_\_\_\_\_ Complete Session Six: Conclusion
- \_\_\_\_\_ Download and review materials from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in Sessions 4, 5, and 6, and the Wrap-Up during the next meeting by answering the questions in *Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 2* group discussion, record your notes in the magenta boxes.



**?** **Session Four: Communicating Effectively as a Parent**  
**Communication Strategies: Interaction and Discussion Questions**

The module provided examples of how a parent could use an I-statement with a child in a few situations that commonly arise in a family.

- A. Have you used an I-statement with your child or someone else? If yes, what did you notice about the conversation? Did an argument ensue, or was the conversation generally positive?

*Reflection:*

 *Group discussion notes:*



## **Complaints Versus Criticisms: Interaction and Discussion Questions**

The module shared an example of a mother and son getting ready to leave the house and asked you to reflect on their interaction.

In the first version of the interaction, the mother, Kaitlin, used criticism when communicating with her son, Delvin. In the second version, Kaitlin used an I-statement when communicating with Delvin.

A. What did you notice about Delvin's responses to his mother in the two versions?

*Reflection:*

 *Group discussion notes:*



### ? Active Listening: Interaction and Discussion Questions

In the module, you had the opportunity to read two versions of a family dinner table conversation, and, then, you were asked to reflect on the scenario.

- A. How did the mom show that she was using active listening?
- B. What other strategies did you notice the mom using when interacting with her child?

*Reflection:*

 *Group discussion notes:*



## **Positive Non-Verbal Language: Interaction and Discussion Questions**

The module discussed how non-verbal language can, sometimes, be more impactful in a conversation than the words being exchanged.

- A. What positive non-verbal communication have you used with your child in your recent interactions?

*Reflection:*

 *Group discussion notes:*



### ? Fighting Fairly: Interaction and Discussion Questions

In the module, you had the opportunity to listen to two versions of four different arguments and reflect on the guidelines for fighting fairly as they relate to each argument.

- A. What aspects of the fighting fairly guidelines did you notice in the Lilly arguments?
- B. What aspects of the fighting fairly guidelines did you notice in the Tristan arguments?

*Reflection:*

 *Group discussion notes:*



## **Session Five: Fostering Open Communication with Children Communication in Action & Daily Check-ins: Interaction and Discussion Questions**

In the module, you had the opportunity to complete an activity to help you establish an agenda for your daily check-in. The agenda can help you outline what information or topics need to be discussed to create consistency or remain on task during your check-in and help you and your child have the same expectations.

- A. Were you able to complete the daily agenda activity, and, if so, did you use the agenda to guide a daily check-in with your child?

*Reflection:*

 *Group discussion notes:*



### ? Family Activities: Interaction and Discussion Questions

In the reflection activity, you were encouraged to think about family activities your family enjoys or might enjoy participating in together.

- A. What activities do you enjoy doing as a family?
- B. What new activities might you or a member of your family want to explore?
- C. When can you make time to engage in family activities together?

*Reflection:*

 *Group discussion notes:*



## Family Meetings: Interaction and Discussion Questions

In the reflection activity, you were encouraged to think about how you can use family meetings.

- A. How could you regular family meetings into your routines and get your family excited about participating?
- B. If you have been able to participate in a family meeting with your family, describe your experience below.

*Reflection:*

 *Group discussion notes:*



**?** **Session Six: Conclusion**  
**Back to the Beginning: Interaction and Discussion Questions**

This session reshared audio clips you listened to at the beginning of this module.

- A. What skills or strategies that you learned in this module might these parents use to make their requests and get their desired effects?

*Reflection:*

 *Group discussion notes:*



## **Wrap-Up: Module Discussion Summary Questions**

Consider the supplemental module as a whole as you reflect on the following questions.

- A. Which topic discussed in the supplemental module was the most beneficial to you as a parent? Why?
- B. What strategies or skills did you learn in the supplemental module that will help you achieve the goals you have for you, your child, and/or your family?
- C. What has changed in your interactions with your child or family since before completing the supplemental module?
- D. Have you noticed a difference in the way your child responds to your parenting?


*Reflection:*



*Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 2

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



## Supplemental Module Meeting 2



**Discussion of Sessions 4, 5, and 6, and  
Wrap-Up and Resource Sharing**

*60 minutes*

**Homework**

*None*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Supplemental Meeting 1, *Step 3: Prepare Community-Building Activities/Discussion Questions*, to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after Supplemental Module Meeting 1.*

### Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at <https://thrive.psu.edu/>.
- Supplemental modules can be accessed at <https://thrive.psu.edu/modules/supplemental/>.

Visit the Thrive Initiative website at <https://thrive.psu.edu> to access additional resources and materials.

