



HEALTHY
RELATIONSHIPS
INITIATIVE

Toolkit for Families of Young Children

Conversations Starters #1: Communication

1. How well do you think I communicate within our family?
2. How well do you think you communicate within our family?
3. How often do you feel that we understand one another?
4. What is one thing we each could do to improve the communication in our family?
5. What are some topics or situations that would make it difficult for you to communicate?