

FAA Family Involvement Committee Meeting

Topic: Effective Communication

Date: Tuesday, October 9, 2018

Time: 5:45pm

Location: FAA Cafeteria

Speaker: Nikki Kaul (FAA Social Worker)

Purpose: The focus of this meeting was to discuss different ways to effectively connect with your scholar to better *communicate* with them; between teachers and students and parents and child. Recognizing the different ways that communication is expressed, verbally and non-verbally.

- ➔ President Chaunea Greene introduced herself for those that missed the previous meeting. After VP Hope Patterson and Secretary Yolanda Lawhorn did their intros, Ms. Chaunea introduced the speaker, Ms. Nikki Kaul. Nikki is the social worker at FAA. Upon insurance approval her services are available to students.**
- ➔ Each person was given a packet, created by Ms. Nikki that included information on connecting with your child, key points from her PowerPoint presentation and levels of validation. Ms. Nikki also discussed understanding our children and the ways that they are communicating, such as paying attention to body language. She informed us the importance of creating a space to have conversations with them.**

Throughout her presentation, Nikki asked a few questions...

- What do you do to connect/communicate with your child?**
- What are some things that make connecting/communicating difficult?**
- What does good communication look like with your child?**
- What are some signs of communication that you notice when your child is happy, sad, mad and other emotions they may be feeling.**

Ms. Nikki highlighted the 3 C's...

- **Connect:** Long term, short term & relational benefits of connecting
- **Calm:** Are they relaxed and at ease? Are they making eye contact?
- **Correct (or problem solve):** Bring in the lesson. Allow them to explain with as many details as they need. How can we make this right? If necessary, what is the consequence?

Ms. Nikki ended her presentation with reminders to the parents/guardians and teachers to be kind to themselves. There are times where you can do everything right and your child is still inconsolable. It's important for parents/guardians and teachers to know that it's ok to make mistakes, you can always reconnect, rebuild relationships and that *we are always growing and learning.*

"If a brain isn't calm, you can't learn."

-Unknown

While parents were filling out the Parent Survey created by ML, Secretary Yolanda and VP Hope drew 2 names for the raffle.

End Time: 6:20pm

Please join us for our next meeting, Tuesday, November 13, 2018!!! We will have a guest speaker discussing Health & Wellness!!!