



THE FAMILY CONNECTION

UNIT 4 – COMMUNICATION

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

Communication

Things you can do at home:

- Talk and listen your child, get down to their eye level.
- When your child talks, repeat it back to them to show you understand.
- Ask questions.
- Play games with your child.
- Listen to different types of music, dance or sing along.
- Notice when your child has listened to you, then offer praise.

