

How to Open the Door

Creating Positive Family Time

Movie Night

Game Night

Family dinners

Desserts

Driving places

Fables

Volunteer Work

Exercise

Pets

Spiritual

How to Communicate Effectively

Listen nonjudgmentally

Listen to the whole story without interrupting

Difference between accepting and approving

Respect their need for privacy

Speak clearly, briefly, and from your heart

Begin with "I love you."

Speak about the behavior not them personally