Effective communication skills for your friends and family



Get my attention

Before you start to speak you must ensure you are in the same room as the person and you have their full attention.



Get to the point Use clear and simple language.



Don't speak too fast

if someone doesn't understand what is being said, try to slow down, there is no need to rush.



Face them

If it is practical to do so, turn to face the person listening, it helps to pick up on any visual clues which may be given.



Don't cover your mouth

Speak clearly and use normal lip movements, natural facial expressions and gestures.



Don't shout

You should keep your voice at a normal level. It is uncomfortable for a hearing aid user if you shout and it is harder to lipread.



Environment

Find a suitable place to talk with good lighting and away from noise and distractions.