



# ATTENTION

## FAMILY TABLE TALKS

### FOR A GREAT TABLE TALK EXPERIENCE....

TURN OFF ALL ELECTRONIC DEVICES. LET THE PEOPLE YOU'RE WITH KNOW THEY ARE IMPORTANT!

STAY POSITIVE! THIS IS NOT THE TIME TO FOCUS ON WHAT'S BEEN DONE WRONG OR COULD BE BETTER.

DON'T FORCE IT. IF YOU GET ON A NEGATIVE TRACK, STOP THAT DISCUSSION. MOVE ON TO ANOTHER TOPIC.

EXPECT SURPRISES-YOU MIGHT GET TO KNOW ONE ANOTHER IN NEW AND MEANINGFUL WAYS!

HAVE FUN!

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# EVERY PERSON IN EVERY FAMILY HAS A NEED FOR ATTENTION.

ATTENTION MEANS: SHOWING APPROPRIATE INTEREST, CARE, AND CONCERN; TAKING THOUGHT OF ANOTHER; ENTERING ANOTHER'S "WORLD."

TAKE TURNS FINISHING THESE SENTENCES  
(PARENTS GO FIRST, THEN KIDS):



MY WORLD IS ALL ABOUT \_\_\_\_\_.



I LIKE FOR OTHERS TO JOIN ME BY \_\_\_\_\_.



EXAMPLE: MY WORLD IS ALL ABOUT FOOTBALL. I LIKE FOR OTHERS TO JOIN ME BY COMING TO MY GAMES AND PLAYING WITH ME.

REMEMBER TO GIVE EACH PERSON YOUR UNDIVIDED ATTENTION—  
LISTEN AS EACH PERSON TALKS!

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# EVERY PERSON IN EVERY FAMILY HAS A NEED FOR ATTENTION.

GIVING ATTENTION ALSO MEANS LISTENING CAREFULLY, SHOWING INTEREST, GETTING TO KNOW ANOTHER PERSON DEEPLY, DOING THINGS WITH OTHERS THAT THEY ENJOY DOING.

THINK ABOUT ONE OF YOUR FAVORITE BIRTHDAY CELEBRATIONS.

TAKE TURNS FINISHING THESE SENTENCES AND LISTENING CAREFULLY:

ONE OF MY FAVORITE BIRTHDAYS WAS WHEN-----.

I REALLY LIKED IT BECAUSE-----.

AFTER EACH PERSON TELLS THEIR STORY, CELEBRATE WITH ONE ANOTHER. IN STRONG FAMILIES, WHEN ONE PERSON IS CELEBRATING, THE REST OF THE FAMILY ENTERS THEIR WORLD AND CELEBRATES WITH THEM.

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