

Greetings! Be sure to check out monthly posts regarding generalization tips to foster independence in the community and home setting. Each month, a new topic will be highlighted.

December's topic is carrying conversations related to initiating a conversation. These tips can be helpful in facilitating and prompting appropriate social conversations in different settings.

Carrying Conversations

- **Find opportunities for conversations (Here are some examples):**

Who: siblings, parents, guardians, caregivers, neighbors, friends, teachers, coworkers

What: topic of interest, day events/updates, discussing book/movie/TV show

Where: at home and in the community

When: dinner table, upon arrival at home, at a set check in time, down-time, family gathering, during club/organization meeting/activity

- **Initiating Conversations:**

- 1. Body language: i.e. – Facing the person, looking at communication partner, maintaining personal space (I.E. – at least arm's distance away), putting phone/tablet aside/away.**
- 2. Choose an appropriate topic to discuss with communication partner dependent on his/her relationship, (I.E. – a shared topic of interest or common activity shared with a friend, upcoming events with teacher, family plans with family members, likes and dislikes and relatable experiences with coworkers).**
- 3. Pick the right setting to discuss this topic: It's important to be aware of your surroundings when initiating a topic, (I.E. – at work – in a break space/during downtime vs. during work, with friends – in a more private place with a more sensitive topic, with family – initiate topic at a more settled time vs. when busy).**
- 4. Volume: in a public place – a lower volume to protect privacy of conversation, but also loud enough to be heard in a busy place (I.E. – avoid shouting), at home – moderate volume, quiet setting – whisper.**

Stay tuned for next month's topic!