



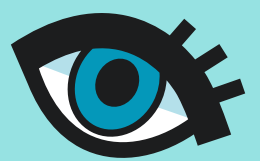
REASONS YOUR CHILD NEEDS REAL CONNECTION

Spoken words account for only about 30%-35% of the meaning we comprehend- the remaining **65%-70%** of meaning comes from understanding non-verbal communication in the forms of seeing and listening. With an ever-increasing amount of time spent attached to devices, children are not using these fundamental skills and as a result, are at the serious risk of growing up without **social-emotional competencies**. The reason? They are missing out on these **7 keys** of human interaction.

based on the work of Dr. Daniel J. Siegel

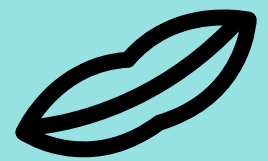
1 EYE CONTACT

It has been said that the eyes are the mirrors to the soul. In neuroscientific terms, the eyes are actually a component of the human "mirroring system," with the help of which we learn how to act and empathize through observation.



2 FACIAL EXPRESSIONS

Beneath our skin lies a complex of 43 facial muscles whose interplay creates the hundreds of different expressions we use for our non-verbal communication with other humans (and animals!).



3 TONE OF VOICE

How we speak to one another has always been considered important in inter-personal relationships. Recent research has shown us exactly why: we actually use our tonality to communicate safety to others in our environment.

4 POSTURE

The first battle your child ever fights is against gravity! This is what helps their spine and muscles grow strong. As we mature, we begin using our posture in much the same way as our voice- to let others know how we feel and what our intentions are.



5 GESTURES

Some cultures are known for 'talking with their hands.' The easiest way to find out how hard it is to communicate meaning without the use of your body is to sit on your hands and keep your body completely still while talking to someone. Try it for yourself!



6 TIMING

They say comedy is all about timing- and so is human communication! There is nothing like a long pause between strangers to make one feel awkward. A huge part of successful human communication is knowing when to fill in someone's silence, and when not to.

7 INTENSITY

Written language and emojis do a fair job of conveying the meaning, tone and intensity of our thoughts- if you consider 20%-50% accuracy to be fair! Bottom line: nothing can communicate intensity like direct one-on-one communication.

