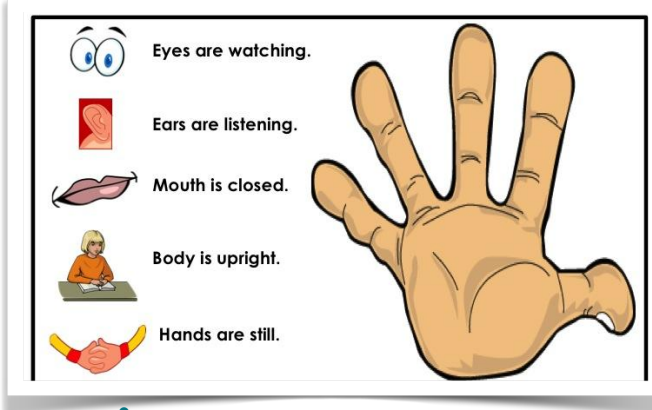


# Teach These Children

## Fivefold enrichment



## Active Listening

Sometimes we get upset or frustrated with our children when we feel that they aren't listening or giving us their full attention. Oftentimes we don't even realize that children model the behaviors they see and what bothers us most, is likely what we do to them. Let's check ourselves and be intentional.

### Activity

Your activity today is to discuss pay attention to the way in which you "listen" to your children. When they speak to you are you multi-tasking or are you giving them the same full body, active listening you want to see from them. First, it's difficult to practice and not always feasible. When it is, make a conscious effort to fully engage yourself in what your child is saying. Practice having a still body and making eye contact. Acknowledge what they are saying, recognize the emotions attached to whatever it is they are sharing and refrain from interrupting or sharing your own story. When they have finished, repeat some of what they said back with something like, "so you're saying....", or "I think I understand that you...", to clarify what you heard. Finally, ask questions. Ask if you missed anything, if they have more to share and thank them. You will likely notice a shocking response from your child. When a person feels seen and heard, they feel validated. For a parent to validate a child is a necessary for healthy emotional development.

### TIPS

When you realize the importance of this activity, it hits home and many people feel guilt and shame for having missed the importance. Don't dwell on the guilt, revel in the opportunity to improve. After all, we are all growing!



**Child's belief about self...**

I am grounded

**Family supports development of...**

Wellness

**Focus area:**

Social, development.

### GOAL

Model full body, active listening so that your child feel acknowledged.

### LEVEL

1