



Take the time...be involved

How do I listen to my child?

Agenda

- ▶ Welcome and prayer
- ▶ House keeping matters– bathroom and refreshments.
- ▶ Group expectations
- ▶ Ice Breaker activity
- ▶ Goal of parenting activity
- ▶ Break
- ▶ How do I listen to my child currently activity
- ▶ Active listening activity
- ▶ Regroup, share and process



Group Expectations

- ▶ All opinions and comments are valid and important however we must be respectful of each other and the views of others.
- ▶ We all made the effort to be here and we are all important people and emergencies do happen. Please put your cell phone on silent or vibrate so we don't disturb the person on the floor.
- ▶ This is a safe place and what is said in the room is expected to stay in the room. Please be mindful of sharing the views or experiences of others outside of this group.



Ice Breaker Activity

▶ **Six Degrees of Separation**

It happens all of the time: we meet someone who knows someone we know. It's a small world, that's for sure. The object of this game is to see how small the world really is.

- ▶ First, find a partner. Introduce yourselves and find something you have in common. Examples could be: your grade, month and/or year your child was born, food likes, sports likes, etc.
- ▶ Once you have introduced yourselves and found something in common, find another group in the room and discover what the 4 of you have in common.
- ▶ Repeat step two until you find something in common with every person in the room



What is the goal of parenting?

- ▶ Take a few minutes to write what parenting means to you.
- ▶ Now take another few minutes to write what you believe the goal of parenting is on the hand out provided.
- ▶ Share our responses as a group and give feedback.



Some of the goals of parenting are...

- ▶ Raising adults who can function in the outside world
- ▶ Raising adult who can cope with outside problems of life and bounce back
- ▶ Adults who can develop positive relationships and learn how to filter negative relationships
- ▶ Raising adults who are pleasant to be around...get along with others



Objectives

- ▶ Learn and practice some listening skills.
- ▶ Share ideas with other parents
- ▶ Give feedback



How do I listen to my child?

Group activity (5–10 mins)

In groups of four. Share some ways of how you are currently listening to your child.

N.B. Parents who may have more than one child can be grouped together if possible.



Active Listening

Active listening not only includes what the person is saying, but their body language.

Did you know that we say more with our body language than the words that are coming out of our mouth?



Active listening includes...

- ▶ Verbal and non-verbal responses such as “yes ok continue, I get what you are saying etc.,”
- ▶ Eye contact and observation of body language.
- ▶ Providing feedback confirming you have heard and understood what was said.

Now let's try and implement this...



Active Listening Activity

Find a partner. Someone you have not worked with thus far. If you are present with your significant other try not to partner up. Sit facing your partner. One person will be the talker one person will be practice active listening. At the sound of the timer you will switch roles. Then process with feedback. You may talk about something that happened today. (2 minutes)



Why is it important to listen to my child?

- ▶ Listening carefully is how you gather information about what's going on in your child's life and head.
- ▶ Listening effectively builds strong relationships in general.
- ▶ Listening thoughtfully shows respect.
- ▶ Listening is always the first step in solving problems.
- ▶ Listening to your child's perspective will teach you a lot. Children are smarter than most grown-ups think, and they generally know what they need. Listen to your kids, and they will teach you how to raise them.
- ▶ If you want your child to listen to you, you'll need to first listen to her. A child who is listened to learns how to listen. And until she learns how to listen to you, it's the same as telling your problems to the bathroom mirror—no matter how eloquently you express yourself, nobody will be hearing you but you.



Feedback and Processing

- ▶ Share what was useful for you today.
- ▶ How are you going to implement this at home?
- ▶ Any other feedback?



Resources

- ▶ <http://www.parents.com/parenting/better-parenting/advice/5-ways-to-get-kids-to-listen/>
- ▶ <http://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-listen/>