

STRENGTHENING COMMUNICATION WITH YOUR CHILD

Active listening is a skill that you can use to improve your communication with your child. It's more than just hearing your child – it's tuning in to your child's thoughts and feelings.



Connecting with Parents Series
Xishan Primary School

STEP 1

Give your child your full

ATTENTION.

When you give your child your full attention, you send the message that your child is the most important thing to you right now. It tells your child that you're available and interested in what they're thinking, feeling and doing.






Here Are Some **Tips**

Get close when your child is speaking.



Use eye contact to show you're listening.



Use non-verbal language to show you're listening – for example, turn towards your child, and keep your arms uncrossed.

Turn off the TV, and put your mobile phone and other devices down.



Bring your mind back to what your child is saying if your thoughts wander off.





STEP 2




Let your child talk

without interrupting

You can do this by not saying things or asking questions that break your child's train of thought.

It also helps to concentrate on what your child is saying rather than thinking about what you're going to say next. This will help you work out what your child is trying to tell you and why.





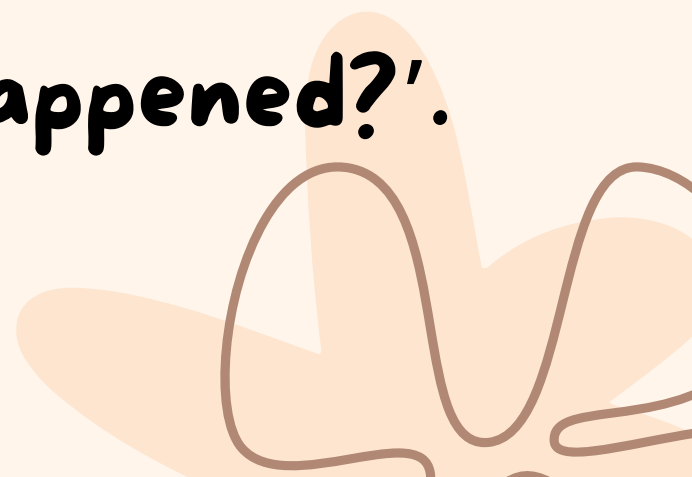
STEP 3

Show your child that

you're interested

There are many ways you can do this. Just nodding your head and saying things like 'I see' and 'That sounds hard/great/tricky ...' are great ways to start.

When there's a pause and you can say something without interrupting your child, you can ask questions that show interest. For example, 'And then what happened?'.






STEP 4

Summarise your child's

words and feelings

This is a key step in active listening, because it shows that you've been paying attention and you're trying to understand.

Try repeating what your child is saying in your own words.



'Let me see if I've understood. You're feeling angry because I didn't talk to you before making plans for this weekend'.

'When Karthik did that, you felt upset because you thought he liked you'.



When you're summarising,
it's best to avoid making
judgments if you can.

It's judgmental to say,

'You want to stay
out too late'.

It's non-judgmental to say,

'You want to stay
out until midnight'.



**Often when you use active listening and repeat
back your child's words, it's like an invitation to say
more, because your child feels heard. It can
encourage your child to explain further or say more
about what they're thinking.**

TIPS TO MOTIVATE YOUR CHILD TO LEARN

Instill a
love of reading
in your home

Share your
enthusiasm for
learning

Focus on what
he's learning,
not how well
he does.

Focus
on what your
child likes

Recognize and
celebrate your
child's success

