



Child Care Resources Inc.

tip sheet

Ideas and information about child development and early education for parents, professionals and the community-at-large.

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Main Office

4601 Park Road, Suite 500
Charlotte, NC 28209
Main line (704) 376-6697
Fax line (704) 376-7865

Cabarrus County Office

2353 Concord Lake Road, Suite 160
Concord, NC 28025
Training/Main (704) 786-1023
Fax line (704) 786-1034

Union County Office

105-A Cedar Street
Monroe, NC 28110
Training/Main (704) 238-8810
Fax line (704) 238-8811

Website: www.childcareresourcesinc.org

Email: mailbox@childcareresourcesinc.org

Access this and other tip sheets through the CCRI FaxBack Line: **(704) 335-9421**

Learning How To Listen To Your Child

To keep the lines of communication open with our children, we need to demonstrate that we really want to hear what they have to say. These suggestions can help:

- Remember that we each have two ears and only one mouth. Let's do more listening than talking!
- Be willing to accept your child's feelings, even if they are different from how you see things, or how you think the child "should" feel.
- Don't try to fix every problem, address every concern, moralize, or tell children the way they "ought" to feel. Instead, convey an open interest in really understanding their feelings and "hearing" what your child has to say.
- By rearranging the letters in the word LISTEN, you can find the word SILENT. Silence is an essential ingredient in good communication. It's difficult, but try to keep quiet, not interrupt, and let your child have her complete say.
- Use "active listening" to rephrase what your child has said, to make sure you understand correctly. "It sounds like you are really mad because he took your mitt."
- Using nonjudgmental comments which indicate that you have heard your child, and acknowledging his worries or concerns can be very effective. Simple phrases like "OK," "uhhuh," or "I see," let your child know that you are interested and concerned in what he is feeling, but are not going to take over or try to talk him out of feeling that way.

The key to listening successfully to our children is to realize that they want to be taken seriously, and have their feelings acknowledged.

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child care search

Resource & referral service

Mecklenburg County (704) 348-2181
Cabarrus County (704) 786-1024
Union County (704) 238-8800