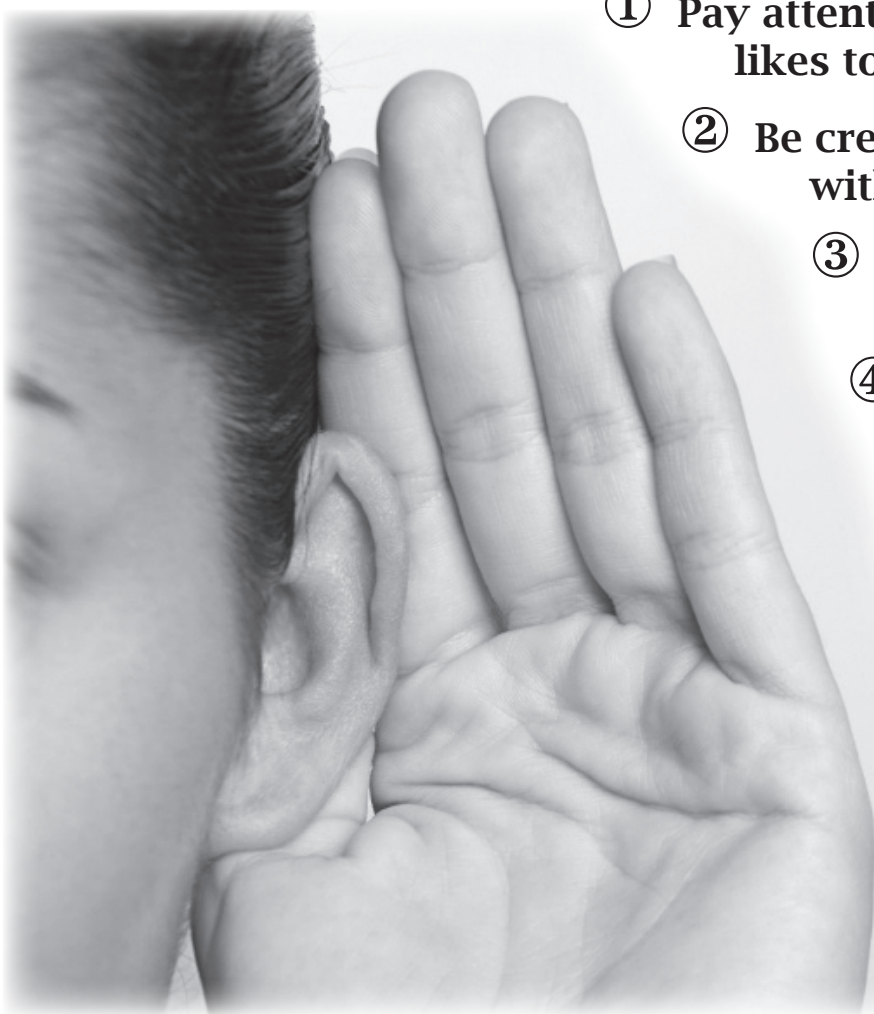


Listening Tips for Parents

It can be difficult to listen to your child's point of view when you believe he or she is wrong. But if you cut your son or daughter off when they speak or ignore what they are saying, your child may tune you out, too.

Listening is a two-way street. Be attentive. Improve your listening skills by doing the following:



- ① **Pay attention to when your child likes to talk. Be available.**
- ② **Be creative. It's OK to communicate with notes, too.**
- ③ **Let your child finish his or her point before responding.**
- ④ **Repeat what you heard to make sure you understand your child.**
- ⑤ **Stop what you are doing when your child expresses a concern.**
- ⑥ **Ask specific questions to gather more information.**
- ⑦ **Imagine your child's feelings before responding.**

Good listening skills are essential for a healthy relationship with your child. By following these tips, you will teach your child how to communicate.

