

Active Listening

This is an article about the art of active listening. Whether your child is talking to you about their day at school, math, reading, or even their social life, active listening will show how much you truly care. Read on to learn more about active listening and how it can help improve the parent/child relationship.

Building a relationship founded on open communication with your child is imperative. You want to remain a positive influence in your child's life--which is impossible if you don't have a relationship based on consistent availability.

Listening is a powerful way to connect with another person. Letting your child know you are there for them right from the start will strengthen their willingness to come to you with more serious issues when they get older. Here some tips for developing your active listening skills:

Look your child in the eye. Don't be passive or busy with other things. Get rid of distractions for the moment and concentrate on your child as if they are the only person in the world.

Interest...be interested. Absorb what's being said and enjoy listening. It can be fun!

Stop talking, Smile appropriately and share responsibility for communication.

Tonal meaning - Mind your facial expression tone of voice. Be aware of the attitude you are projecting. Keep it positive and supportive.

Empathize. Make an effort to understand what your child might be feeling and thinking, even if they're in the wrong about something.

No judging, antagonizing or presupposing. Let your child surprise you by exhibiting new maturity and growth. Don't keep referring back to the way they used to be.