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PARENT HEALTH BULLETIN

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WALLY CAT UPDATE



Hello Wild Cub and Wild Cat Parents,

As always, I would like to thank all of my Wild Cat and Wild Cub parents who allow their children to keep sending me emails.

I am so proud of all of my smart and talented Wild Cat and Wild Cub friends. Parents if you have any suggestions or comments for Wally Cat, please feel free to email me wally.cat@uky.edu.

Wally Cat

THIS MONTH'S TOPIC:

LISTENING TO YOUR CHILD

Listening: an Easy Way to Show your Child how Much you Care



As a parent, you are very used to talking to your child, to remind them of something, to advise them on how best to handle a situation, or to simply provide reassurance. However, you may not be as used to listening to what they have to say.

Listening is not always as easy as it sounds, especially if your child's point of

view differs from your own. When you take the time to listen to your children, you may hear something you don't want to hear. But if you really listen to your child, you may be surprised to find out how well they listen to you and how much they truly value your advice and opinion.

Continued on the back

Even if it is not the best time, take time to listen to your child.

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You don't have to offer advice or solutions each time you talk with your child. The value of listening can simply be listening itself and time spent with your child.

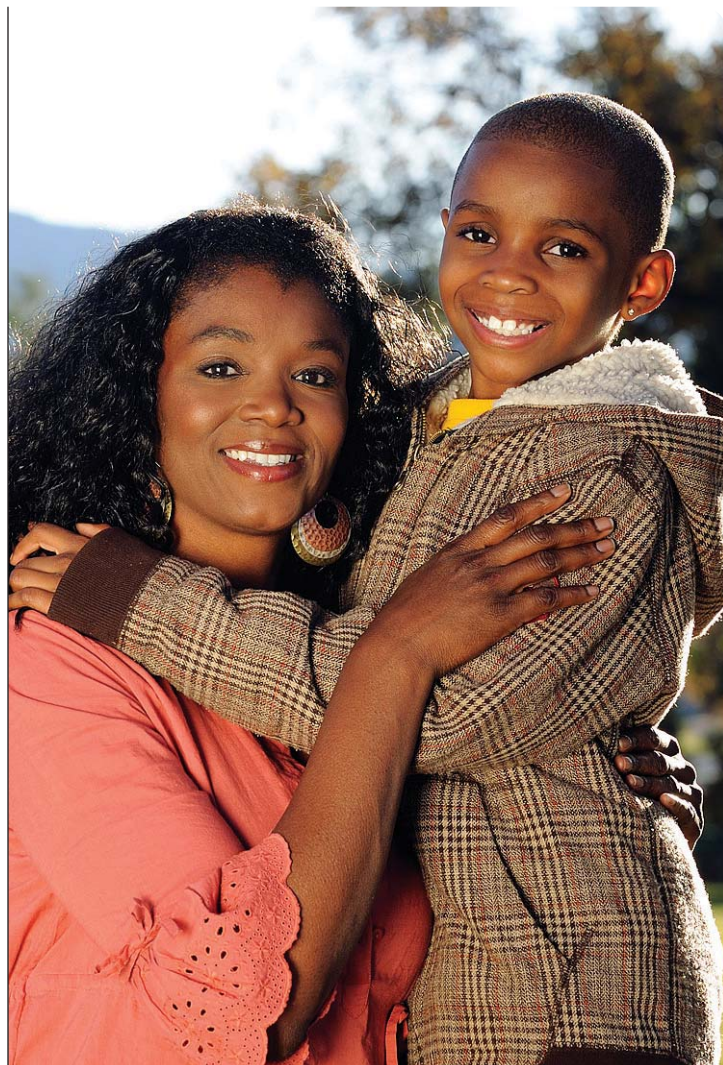
Tips to Help you become a Better Listener:

- Before you react, listen to what your child has to say
- Even if it is not the best time, take time to listen to your child
- Stop what you are doing, look at your child and focus your attention on them
- If you don't have time to stop and talk with your child, arrange a time to talk later and commit to keeping the appointment

If you really listen to your child, you may be surprised to find out how well they listen to you and how much they truly value your advice and opinion.

Listening to your child will help you strengthen the relationship bond you have with your child. You are showing your child you care and value her opinion. Talking will also help your child express her feelings and ideas. You are helping him learn effective communication and problem-solving skills he will use throughout his life.

- Let your children know you are listening by interjecting phrases like, "Oh, I see." or "Hmm," from time to time
- Repeat what your child said back to make sure you heard him correctly
- Give your children a chance to correct you or to clarify what they said to you
- Encourage your child to talk more by using phrases like, "Tell me more" or "Go on"
- Guide your child toward reaching solutions on their own by asking, "What do you think should happen?" or "How do you think the situation could be solved?"



SOURCES:

- <http://childparenting.about.com/od/familycommunication/ht/htlisten.htm>
- http://life.familyeducation.com/parenting/communication/45281.html?for_printing=1&detoured=1

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