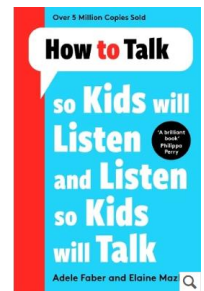


How to talk to children and get them to listen– PARENTS GUIDE

Often in school we get asked by parents to talk to children because they will not listen to parents at home and parents are getting frustrated by the behaviours displayed by their child.

The book “How to talk so kids will listen and listen so kids will talk” suggests there are simple changes to adult behaviour that can result in greater cooperation from children.



How does the adult's behaviour make the child feel? What should we try to stop doing....?

The book suggests that as adults we need to stop the following behaviours and should take time to reflect how each one of these statements would make our children feel.

- Blaming and accusing – “Why do you always do that?” “You never listen.” “How many times do I have to tell you?”
- Name calling – “That is really stupid”, “That behaviour is disgusting.”
- Making threats – “Do that one more time and I’ll.....”
- making commands – “ I want you to doright now”
- lecturing and moralizing situations
- Giving warnings – “don’t do that, you will.....”
- use Martyrdom statements – “ what are you trying to do, make me sick.....” “ your behaviour is making me tired, see all my grey hairs”
- Make comparisons - “why cant you be more like your brother/sister”
- Use sarcasm
- make predictions about the future – “If you carry on this behaviour, you will have no friends/no one will trust you”

How can adults talk to children effectively? What can we do instead...?

The following 5 steps are offered as alternatives as the authors believe they create a climate of respect in which the spirit of cooperation can grow.

- DESCRIBE THE PROBLEM – instead of saying “you are irresponsible, you always start the bath and then walk away, do you want us to flood.” Say “ The water is getting very close to the top”
- GIVE INFORMATION – instead of saying “Who left the bath running?” say “The bath will overflow if we leave it running and don’t watch it”
- SAY IT WITH a WORD –instead of saying “I’ve told you a million times about starting the bath running and then walking away, its like no one is listening.” Say “Kids, bath”
- TALK ABOUT YOUR FEELINGS – instead of “what’s wrong with you, you always leave the bath running” say “ it bothers me when the bath is left running as I’m worried it will overflow”
- WRITE A NOTE – sometimes a note is more effective than spoken words – try leaving a note near the job that needs to be remembered such as REMEMBER TO TURN ME OFF BEFORE YOU LEAVE THE BATHROOM

BUILD A RELATIONSHIP

There is no magic wand to getting children to listen. However there are some key rules:

- Be consistent –if you have asked a question, expect a response –don't let them get away without acknowledging you
- Be calm – speak in a way that encourages your child to respond –its difficult to engage with someone who is angry and shouting
- Think about your body language – are you at the same height as the child or towering above them? Does your body language look aggressive (hand on hips, wagging fingers)?

Model the behaviours you want to see and don't give up – it takes at least 30 days to see the change that you want if it's done consistently – too often we feel like its not achieving anything and give up too soon –stick with it.

Paul Dix in his book “When Adults Change, Everything Changes” states “The behaviour you really want is 30 days away..... a day, a week or a fortnight is not enough to tell if a strategy has had a positive impact. You may see green shoots or indeed warning signs after a couple of weeks but they are not good indicators. It may be that things need to get worse before they get better. It may be that early success won't sustain without drilling the routine for the full 30 days.....a few days after deciding to change a habit it is all too easy to slip back into your old ways. After a week the transition back is effortless and easy. Yet as you progress deeper into the 30 days the new behaviours become more natural...at the end of 30 days the new behaviours have become normalised. “

OTHER RESOURCES

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-fc-2461&ei=UTF-8&hsimp=yhs-2461&hspart=fc¶m1=7¶m2=eJwtT0tOwzAUvIqXrWQ77z07JqIXQOgBECssL9LUTa18lQQFcXrkgmYzmo8008ars%2F69QgAqwDjuR2d9WZaF4z5ZoKgk5bhv%2FnTHfZyd9QhKFiRBIrHfRsmZ317cdx%2F1c76YfqJfV9nuQR22ON4nfavjRtDkGDZHkejLfs2%2Bsjqee7DHi5d3LjCpUll2KG7b0PPWR%2B7wNrQdNORNfdlGkKGCIUksLW%2B1Uv8r6RV6%2BNKGrCG5cFzMkDPGgRUCgTi21mUShthcqJKvahzRa8p36QwAWkBuYDiA%2FGk9YmMVBo%2BfwFGJIJw&p=how+to+talk+children+will+listen+and+listen+so+children+will+talk&type=fc_AC934C13286_s58_g_e_d032923_n9998_c999#id=1&vid=407c3968ecb6fe5d87d77822eb13e2e7&action=click

<https://www.askdrsears.com/topics/parenting/discipline-behavior/25-ways-talk-so-children-will-listen/>