

## **COMMUNICATION...I talk, they don't listen**

Practice listening to the kids. The younger the better. If you are on the phone tell them you will find them as soon as you're off the phone. But find time to listen. If they learn to talk to you at a young age they will be more likely to talk with you as teens. If you yell, put down, shame, embarrass, they will shut down.

Phrases like:

- Tell me more about that...
- How did you feel when...?
- What were your thoughts....?
- Let me see if I am hearing you....(then summarize what they said, try to include any feelings of frustration, sadness, rejection, hurt,...they may have expressed

Go back to them later or the next day: "I appreciate your talking with me," "I enjoyed our discussion yesterday," "I was thinking about what you said the other day....." All are very powerful.