

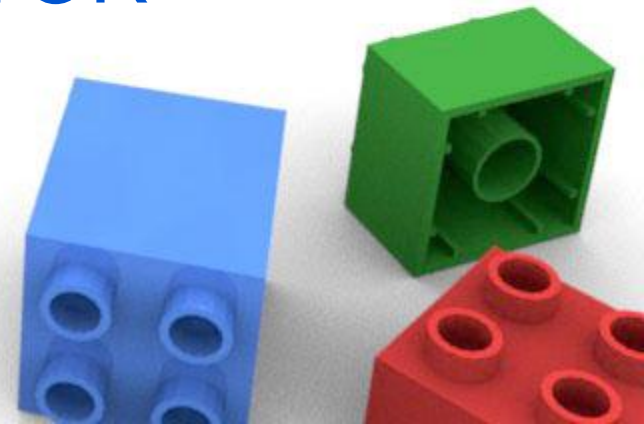
HOW TO TALK SO THE KIDS  
WILL LISTEN

&

LISTEN SO KIDS WILL TALK

IRA GHOSH

GRADE LEVEL CO-ORDINATOR

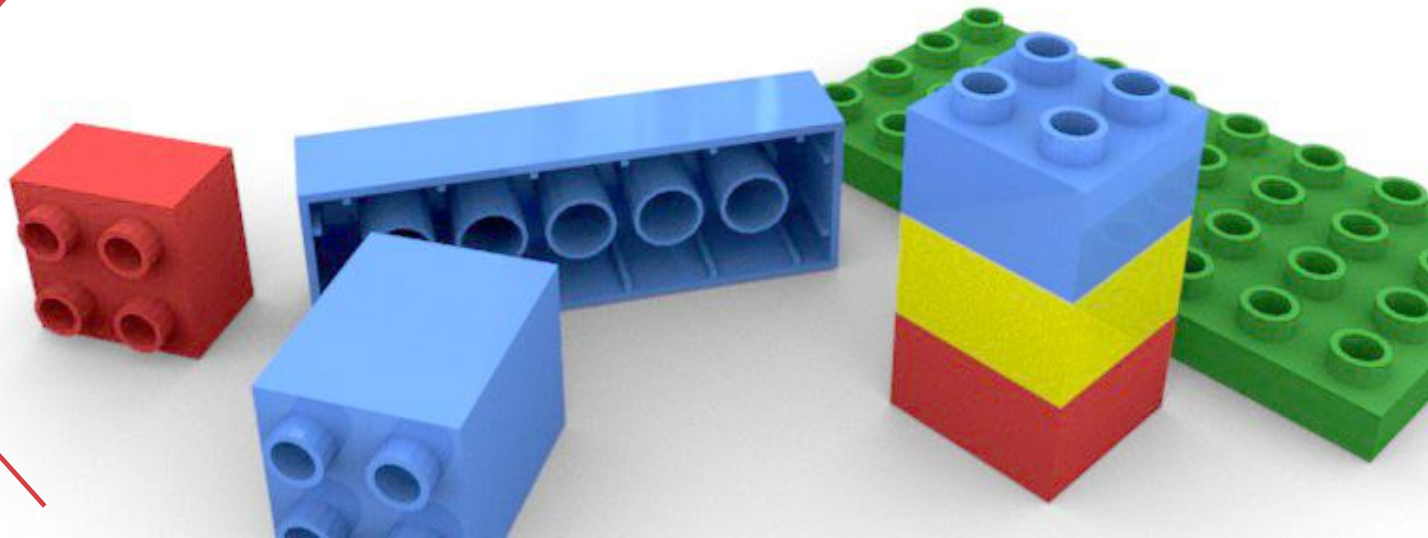


# HOW TO TALK SO KIDS WILL LISTEN



&

# LISTEN SO KIDS WILL TALK

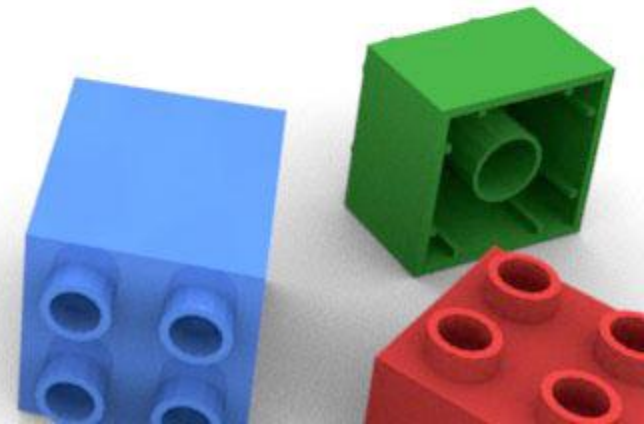




YOU **CAN** STOP FIGHTING WITH YOUR KIDS

# Sub-headings

1. Helping children to deal with their feelings
2. Engaging cooperation
3. Encouraging Autonomy
4. Alternative to punishment
5. Praise



# Helping children to deal with their feelings

Sample conversations between an adult and child,

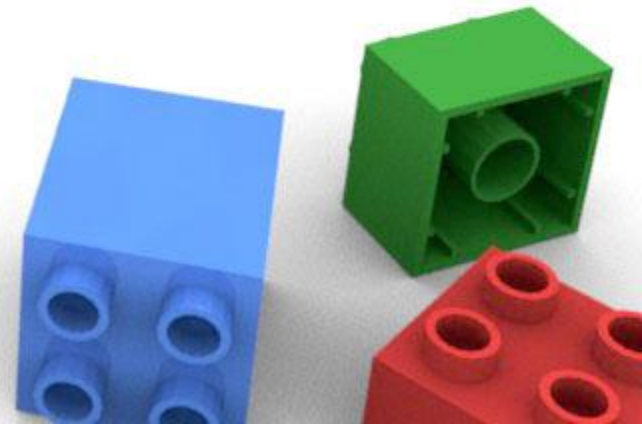
Child: Mommy, I'm tired

mom: You couldn't be tired, you just napped

Child: (louder) but I'm tired

Mom: you are not tired, you are just a little sleepy. lets get dressed

Child: (wailing) no I'm tired.



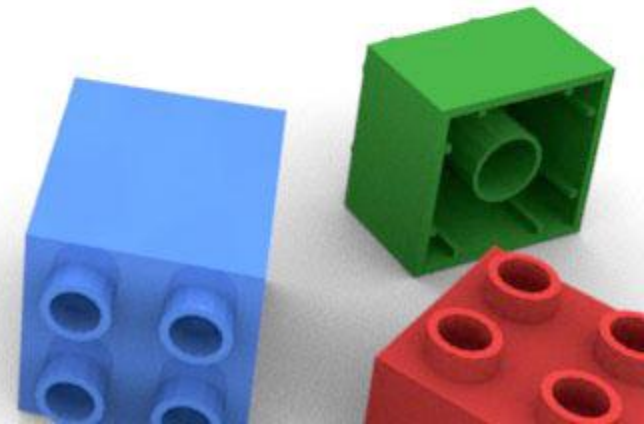
## Your emotions and feelings!!

Imagine your friend is at work, has to wait for extra  
do the work given by his boss and.....

He is VERY upset now!!!!!!



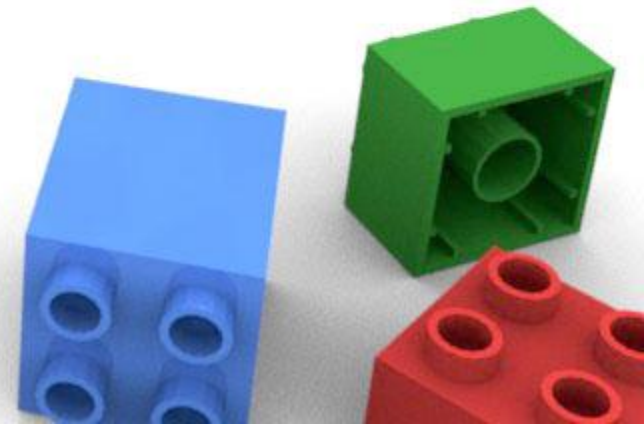
What would be YOUR response to him??

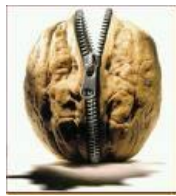




# Different types of responses:

- ~~1. Denial of feelings~~
- ~~2. The philosophical response~~
- ~~3. Questions:~~
- ~~4. Pity:~~





## IN NUTSHELL

You just have been exploring your own reactions to some fairly typical ways that people talk.!!

The process is no different for our children. They too, can help themselves if they have a listening ear and an empathy response. **But** the language of empathy does not come to us naturally. Its not part of our "mother tongue". Most of us grew up having our feeling denied.





Son: I'd like to punch that Michael in the nose

father: why? what happened?

Son: he threw my book in the dirt

father:well,did you do something to him??

Son: NO!

father: are you sure?

Son: I swear I never touched him.

Father:well,micheal is your friend. If you take my advice, you'll forget about the whole thing. You're not so perfect you know. Sometimes you start up and then put the blame on someone else.-the way you do with your brother.

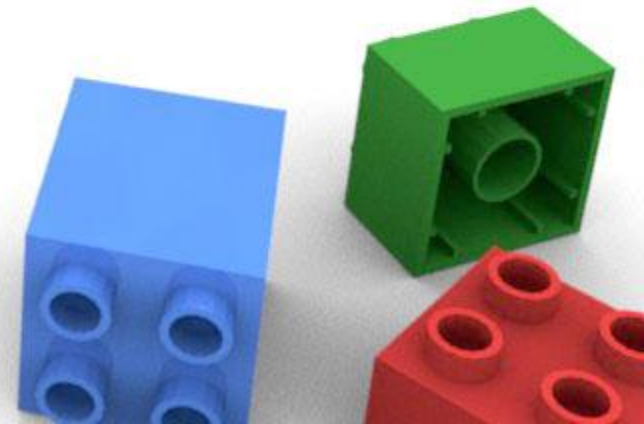
Son: no I don't- he starts up with me first.....OH...I don't want to talk to you!!!!



# A QUICK REMINDER.....

## Feeling-Encouragers

- **1. Listen intently** - create eye contact, and nodding of the head.
- **2. Be curious** - ask questions.
- **3. Invite expression of feelings** - how does that make you feel?
- **4. Affirm feelings** - repeat back the feeling that you all are receiving from them: It seems like you're feeling angry!
- **5. Be empathetic** - I understand, you have every right to feel that way, I would feel the same way, if \_\_\_\_\_ did that to me.
- **Acknowledge feeling-** with a word Oh....Mmm....I see.....
- **Use fantasy-** give his/ her wish in fantasy  
I wish I could give you candy right now!



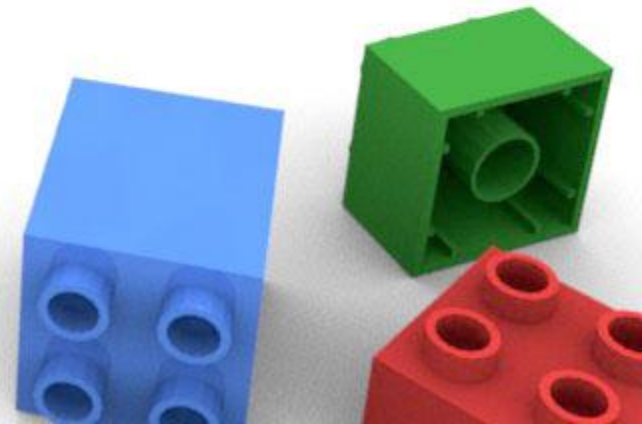
## Sounds simple? Let's see!

- **Exercise:** Everyone takes a partner and sit opposite each other.
- **Partner A:** Think of a real-life problem you have and share it with your partner.
- **Partner B:** Using the 5 feeling encouragers and actively listen to your partner without giving advice.

**Did anyone hear advice?**

- In order to give advice, first you need to ask permission. They do not want advice, they just want to know your listening!

**Remember you are the model, and your children show up the same way... being you! Therefore, you want to let your children know that it is safe to feel and share those feelings.**



## After the training:-



Son: I'd like to punch that Michael in the nose

father: boy, you are angry

Son: I'd like to push his fat face in!

Father: you are that mad at him!!

Son: you know what that bully did? He grabbed my notebook at bus stop and threw it in the dirt, and for no reason.

Father: Hmmm

Son: I bet he thought I was the one who broke his dumb clay bird at art room.

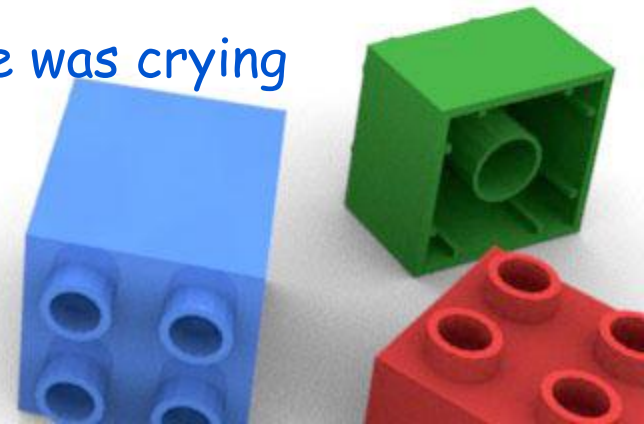
Father: you think so

son: yeah, he kept looking at me, all the time he was crying

Father: Oh

Son: but I didn't break it, I didn't

Father: you know you didn't



**Son:** well, I didn't do it on purpose! I couldn't help it if that stupid Debby pushed me into the table

**father:** so Debby pushed you

**son:** yeah, a lot of things fell down, but the only thing that broke was the bird. I didn't mean to break it.

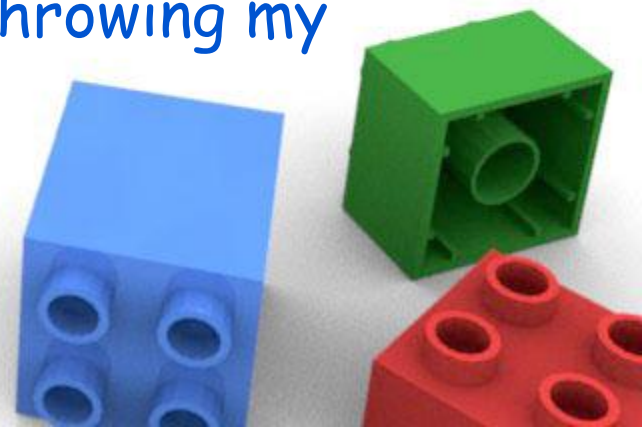
His bird was good.

**Father:** you really didn't mean to break it.

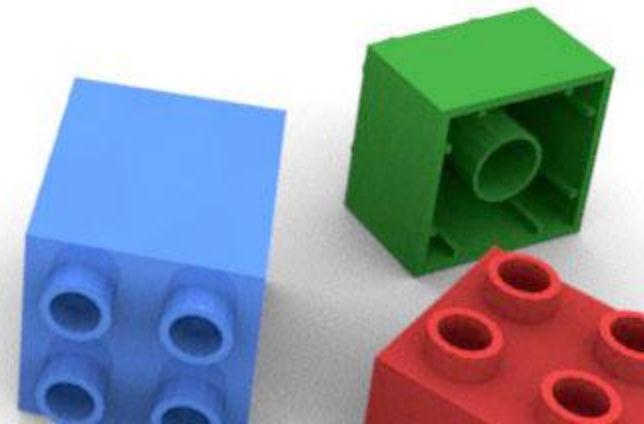
**Son:** No, but he wouldn't believe me

**father:** you don't think that he'll believe you if you tell him the truth.

**Son:** I don't know.....I'm going to tell him anyway\_\_\_\_\_whether he believes me or not. And I think he should tell me he is sorry for throwing my book in the dirt!



- The father was almost quiet. He hadn't asked question but still the child told the full story. he hadn't told even one word of advise but still the child had worked out his own way of solution.  
Its all about putting listening skills into action in a real situation with our children.





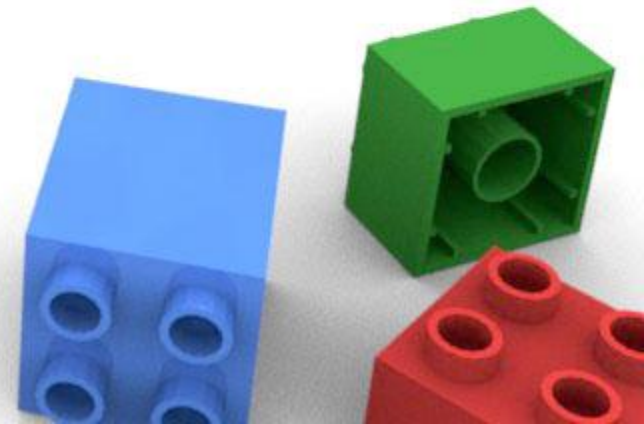
***AT THIS POINT, YOU'VE JUST TAKEN  
50% OF THE PROBLEM AWAY BY  
UNDERSTANDING.***


Looking back.....

*Ask yourself,*

What did you learn from this? Create a space of allowing  
intuitive knowing

Go to problem solving - What would you do differently next  
time?





Don't worry that  
children never listen to  
you;  
worry that they're always  
watching you.

~ Robert Fulghum



# Engaging co-operation

Kids always let us know loud and clear, the way they feel.

There are certain things that we **WANT** the children to do,

Well, that's what communication is all about:

**Making others do, what you want them to do!!!**

There are some methods which we as adults can use to get children to co-operate:

1. Blaming and accusing

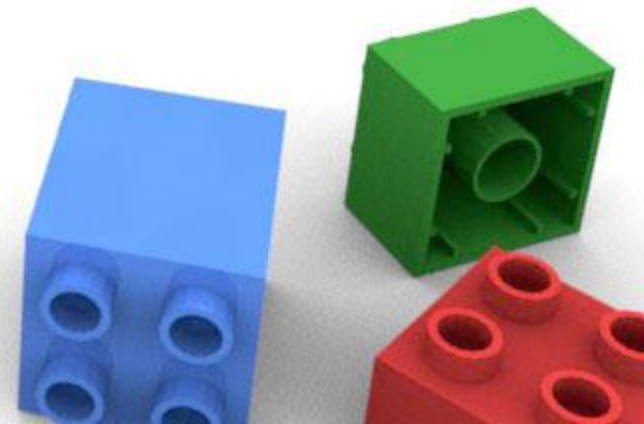
Why do you always do that??!...

2. Name-calling

How dumb can you get....

3. Threats

.....you'll get a smack...



#### 4.Commands

I want you to get up right now.

#### 5. Lecturing

do you thing that was a nice thing to do.....

#### 6.warnings

watch it, you'll burn yourself

#### 7.martydom statements

will you two stop that screaming....

#### 8. comparison

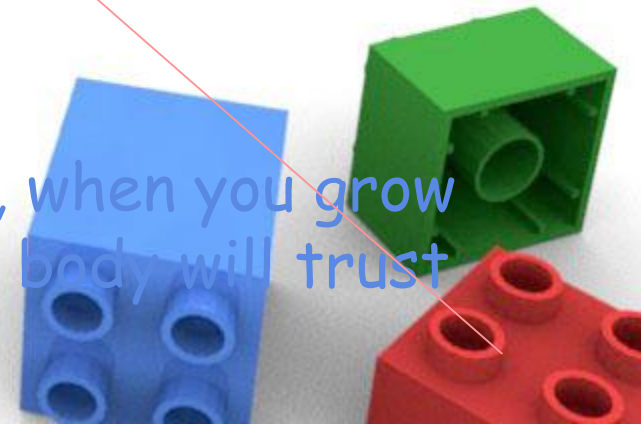
why cant you be like your friend?...

#### 9.sarcasm

you know you would require your book ,that's why you left it in school??oh how smart, that was a nice thing to do....

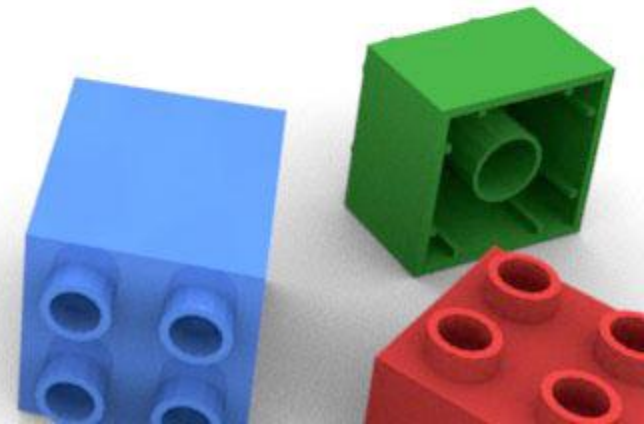
#### 10.prophecy

you lied to me!!! You know what , when you grow up you are going to be a liar. No body will trust you.

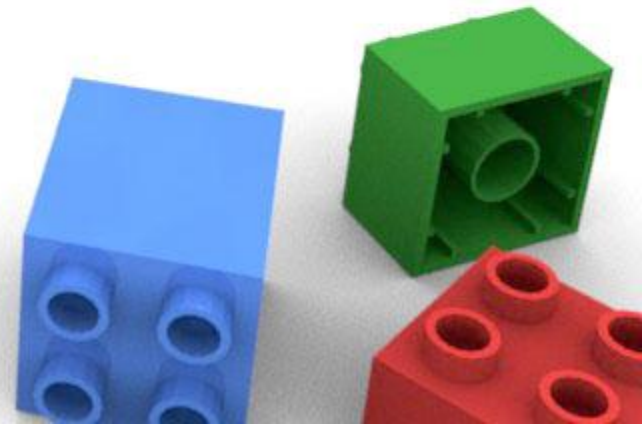


To engage co-operation:-

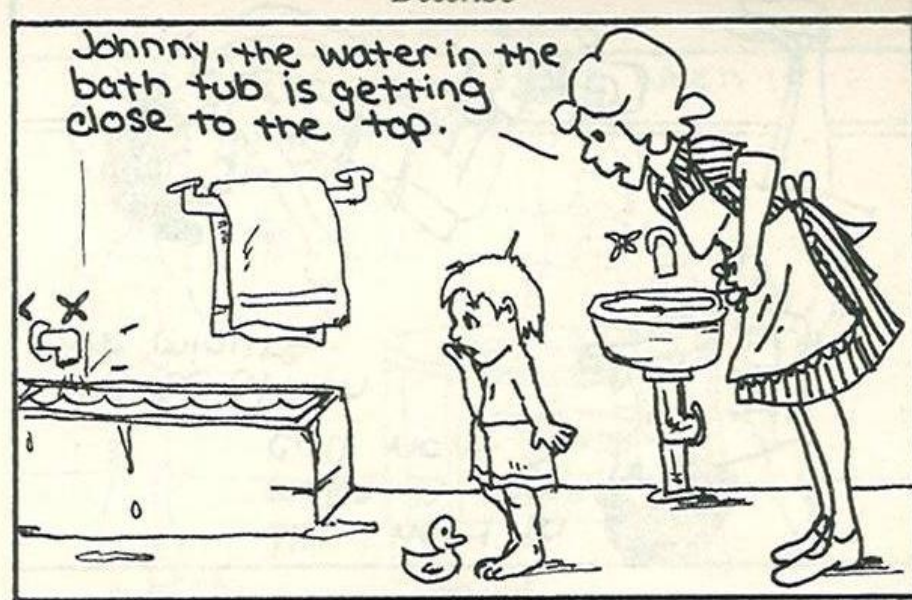
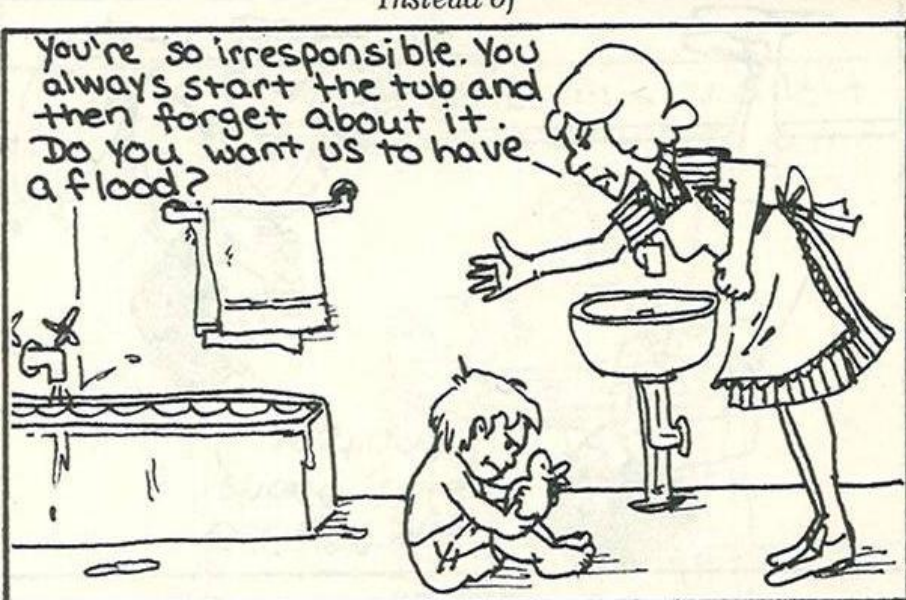
- 1.describe. describe what you want or what is the problem
- 2.give information
3. say it with a word
- 4.talk about your feelings
- 5.write a note



1. Describe what you see or what is the problem



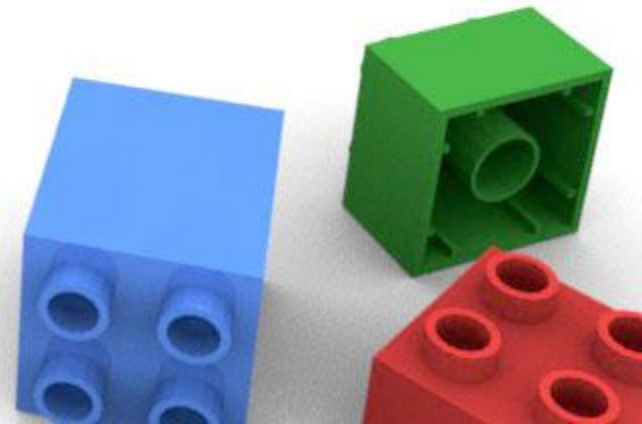




It's hard to do what needs to be done when people are telling you what's wrong with you.

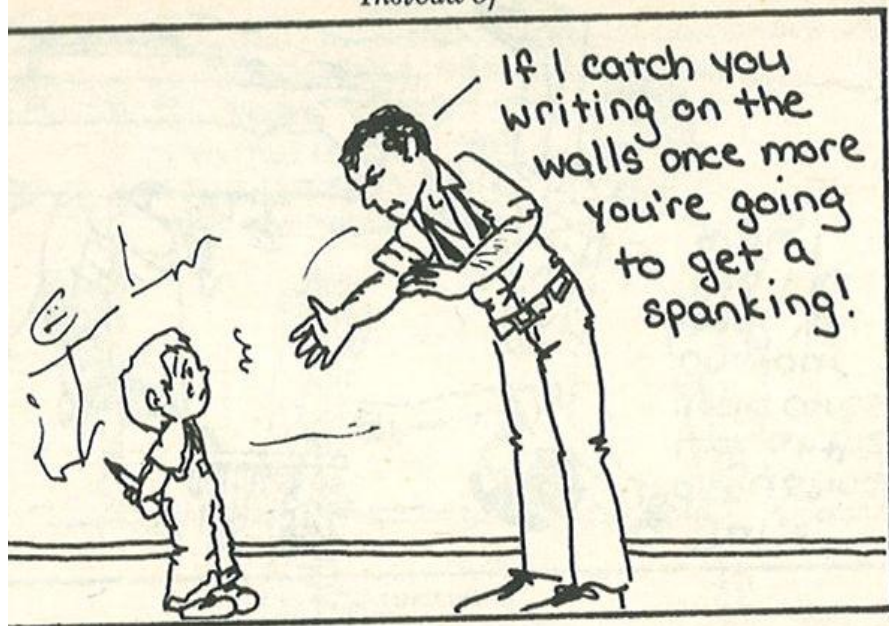
It's easier to concentrate on the problem when someone just describes it to you.

## 2. Give information

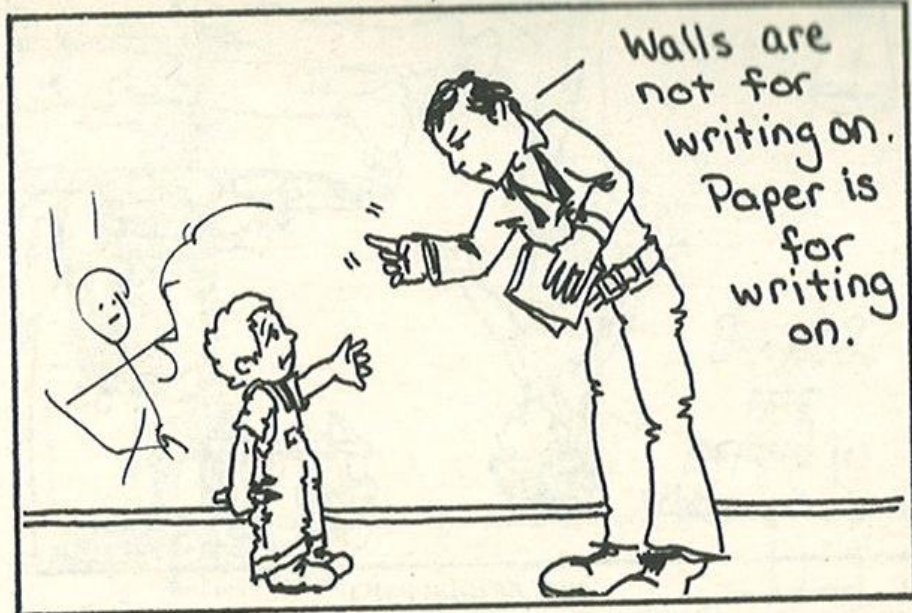




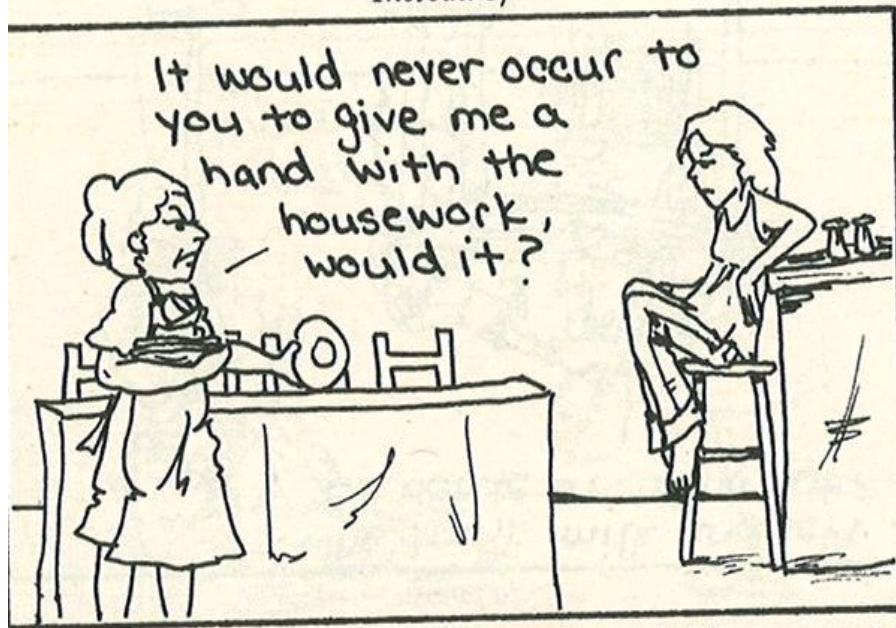
*Instead of*



*Give information*



*Instead of*

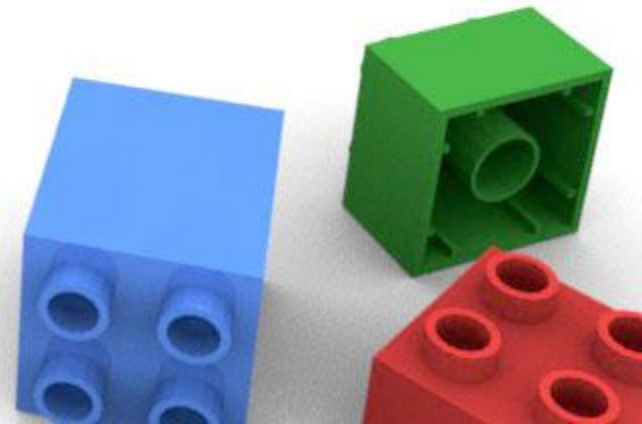


*Give information*

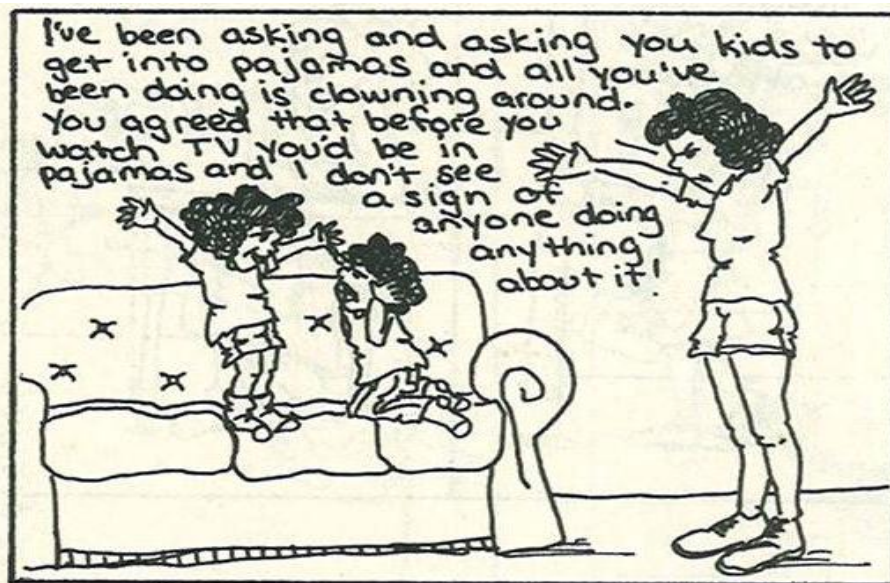


When children are given information, they can usually figure out for themselves what needs to be done.

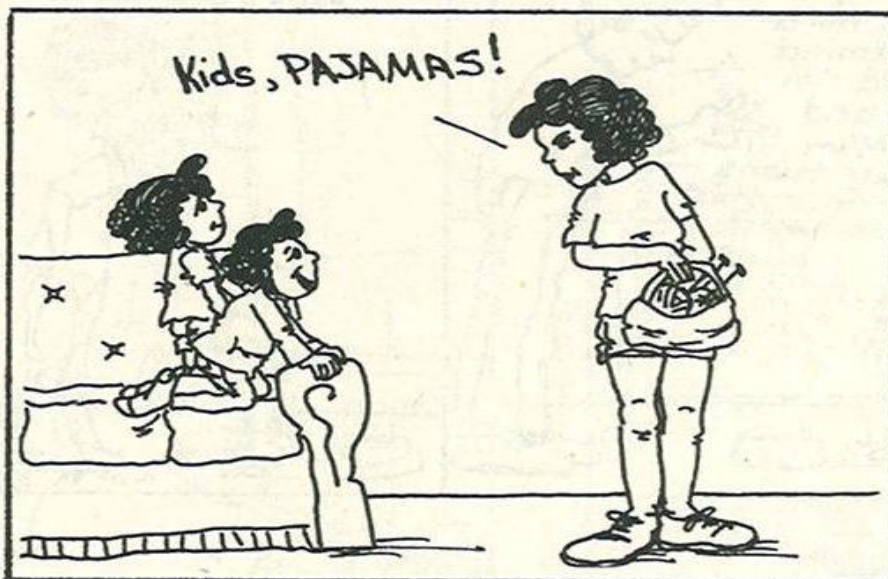
3. say it with a word



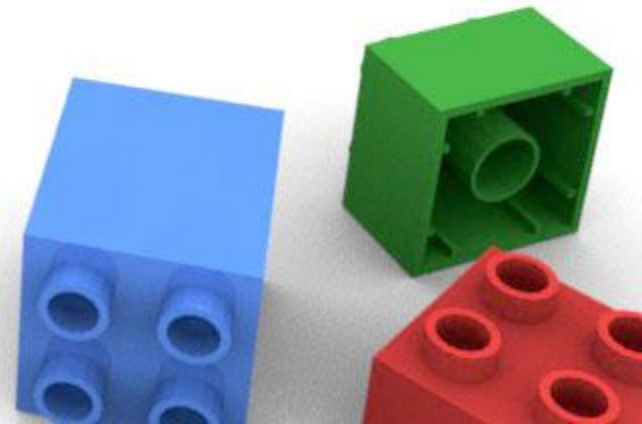




*Say it with a word*



4.talk about your feelings





*Instead of*



*Talk about your feelings*



*Instead of*

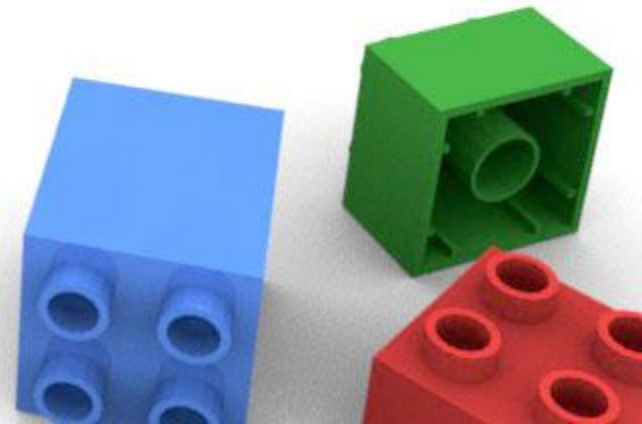


*Talk about your feelings*



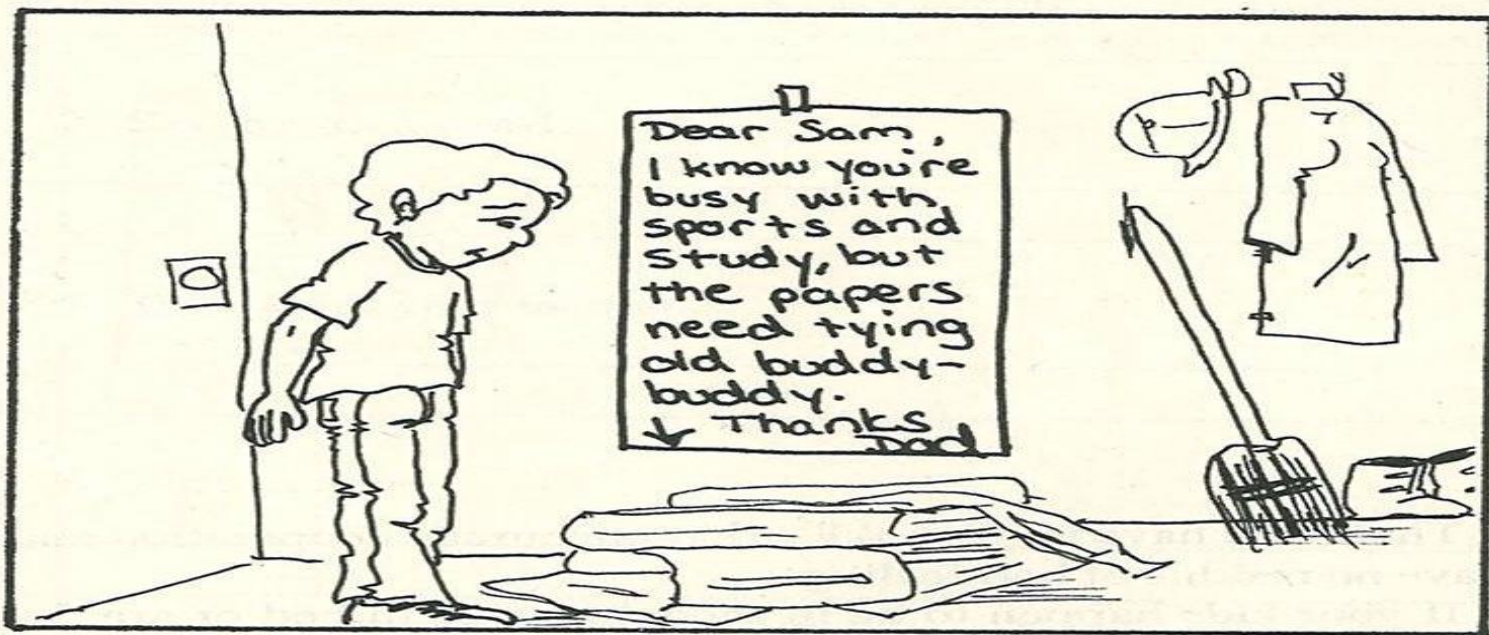
Children are entitled to hear their parents' honest feelings. By

5.write a note

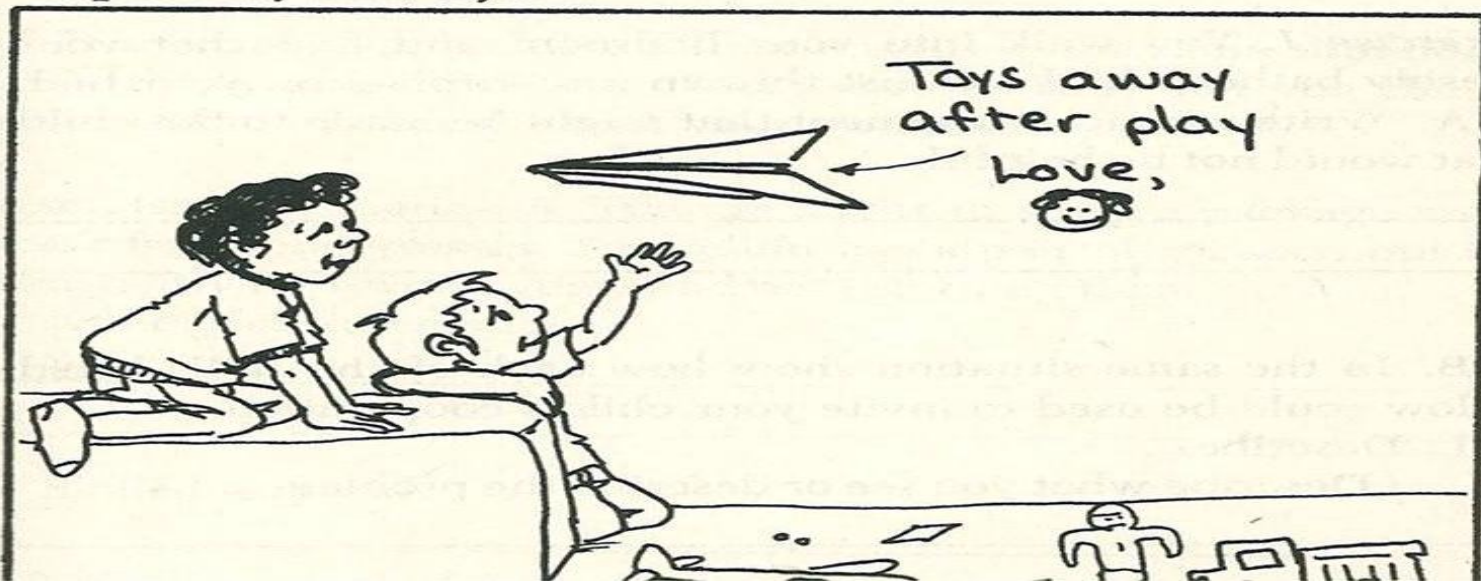




This father got tired of yelling and finally decided to let a note do the talking for him.

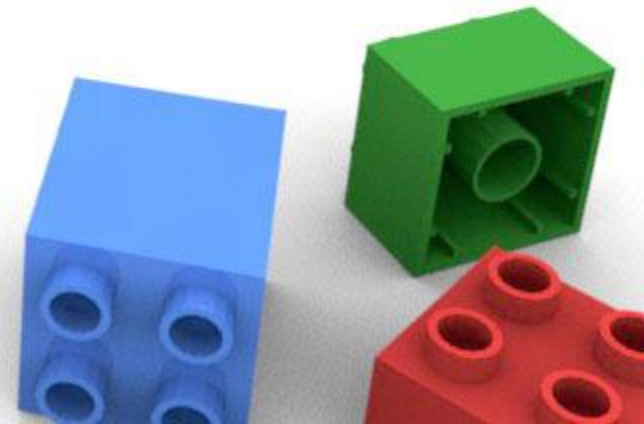


Mother flew in a paper airplane with words on it to her son and his friend—neither of whom could read. They ran in to ask what the words said, and when they found out, they ran back to put away their toys.



- How parents and teachers talk tells a child how they feel about him. Their statements affect his self-esteem. To a large extent, their language determines his destiny

\_\_\_\_Haim Ginott



# Jokes

## Children's proverb:

As you shall make your bed so shall you... mess it up.

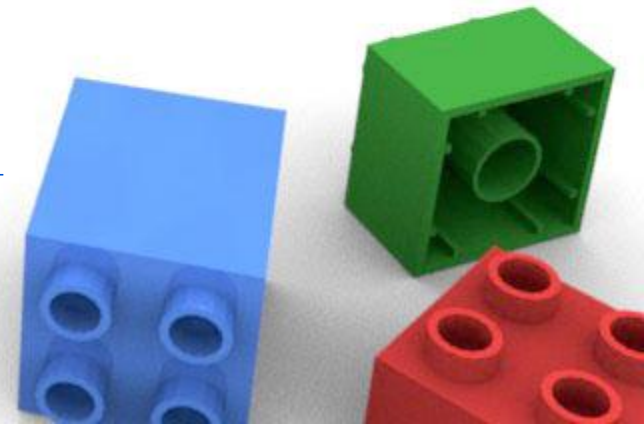
Better to be safe than... punch a 5th grader.  
You can lead a horse to water but... how?

Don't bite the hand that... looks dirty.  
A miss is as good as a... Mr.

You can't teach an old dog new... math.  
The pen is mightier than the... pigs.

An idle mind is... the best way to relax.

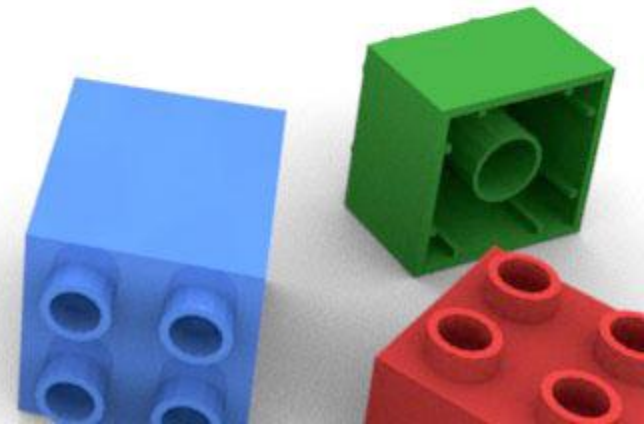
Where there's smoke, there's... pollution





- Why did the students eat their homework?

Because their teacher told them it was a piece of cake!







TEACHER : What is the chemical formula for water?

STUDENT : "HIJKLMNO! "!!

TEACHER : What are you talking about?

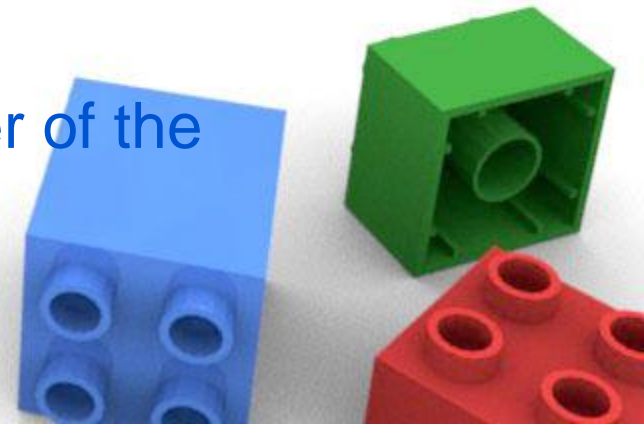
STUDENT : Yesterday you said it's H to O!

TEACHER : Can you give me a sentence starting with "I".

STUDENT: I is...

TEACHER : No,..... Always say, "I am."

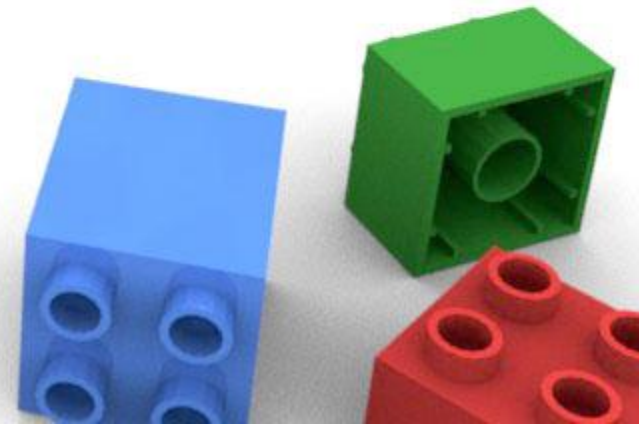
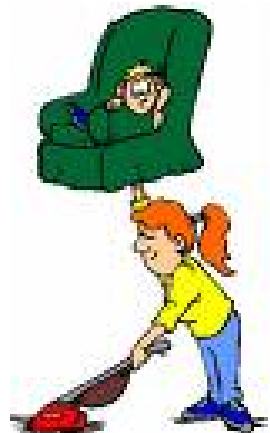
STUDENT : All right... "I am the ninth letter of the alphabet."



# Encouraging Autonomy

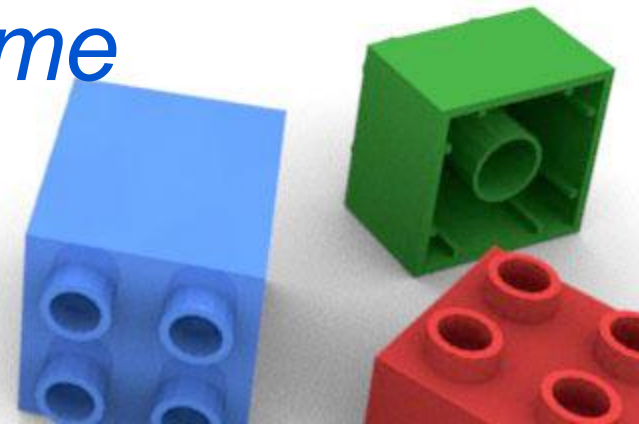
## Who is a super parent?

- *Being a “super parent” who does everything for your children is really discouraging them from using their own skills and talents to solve their own problems.*



## *To encourage autonomy:*

- 1. Let children make choices*
- 2. Show respect for their struggle*
- 3. Don't ask too many questions*
- 4. Don't rush to answer any question*
- 5. Encourage children to use sources outside the home*
- 6. Don't take away hope*





Are you in the mood  
for your grey pants  
or your red  
pants?



*Instead of*

would you like  
half a glass of  
juice or a whole?



*Show respect*

Here, give the  
jar to me  
sweet-  
heart.



A jar can be hard to open.  
Sometimes it helps if you  
tap the lid  
with a spoon.

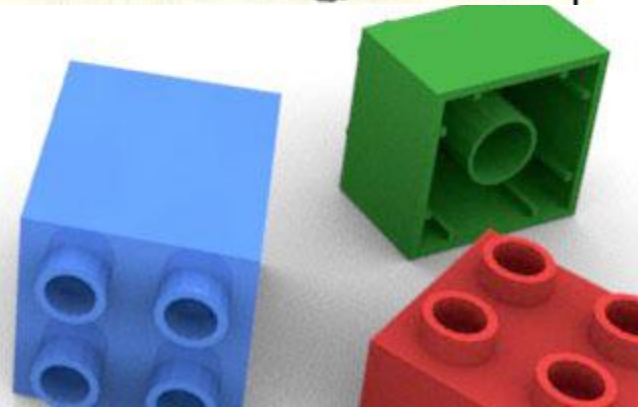




How did your teacher like your  
composition? Did you pass the math  
test? Is anyone coming over  
after school to play with you  
today? No? Why not?



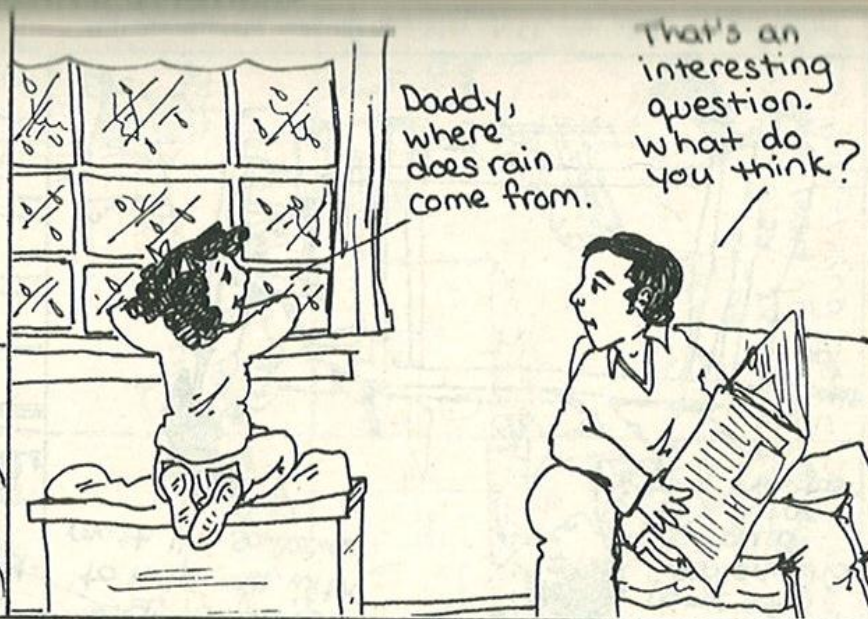
Hi! I'm glad to  
see you.





Too many questions can be experienced as an invasion of one's

about when they want to talk about it.



Instead of

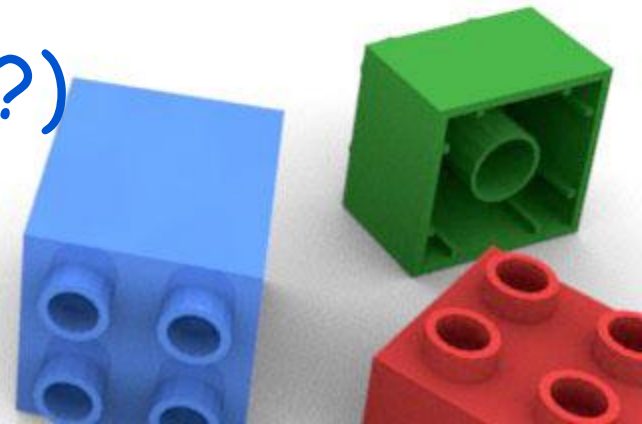


# Alternative to punishment

- How many of you have punished your child?

Be honest to yourself

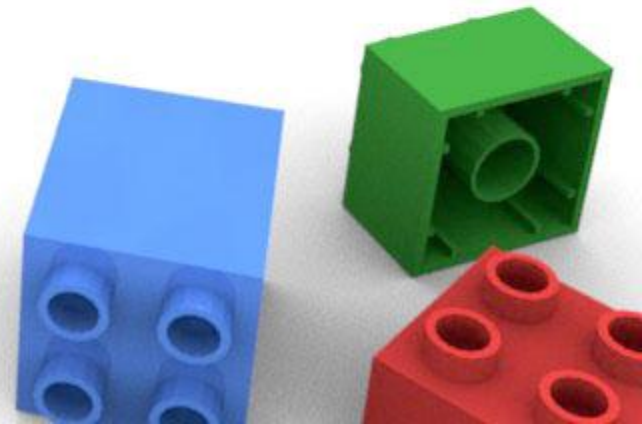
Share the scene with us  
(What happened??)



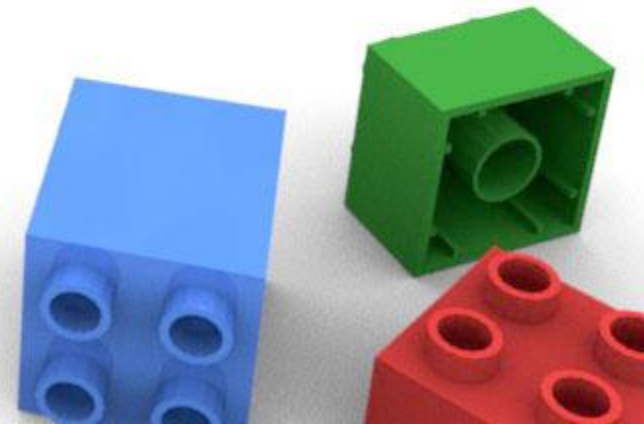


Do you think punishment works???

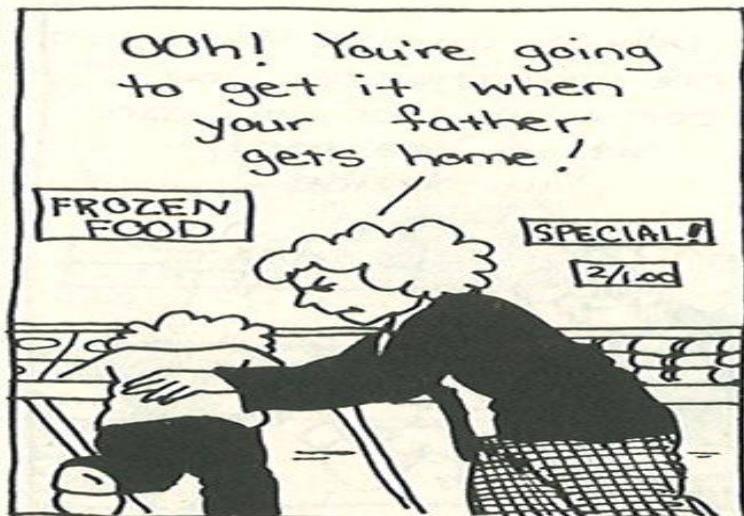
If not, then what is the alternative??



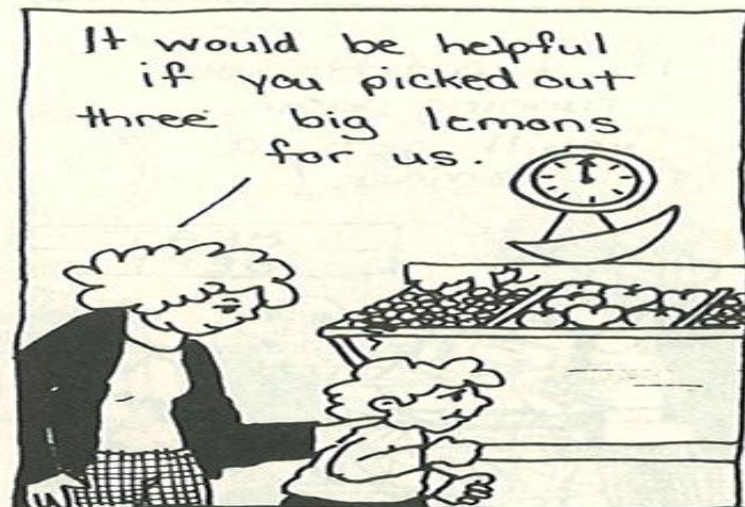
- What are the possibilities -other than punishment for handling a child in super market?



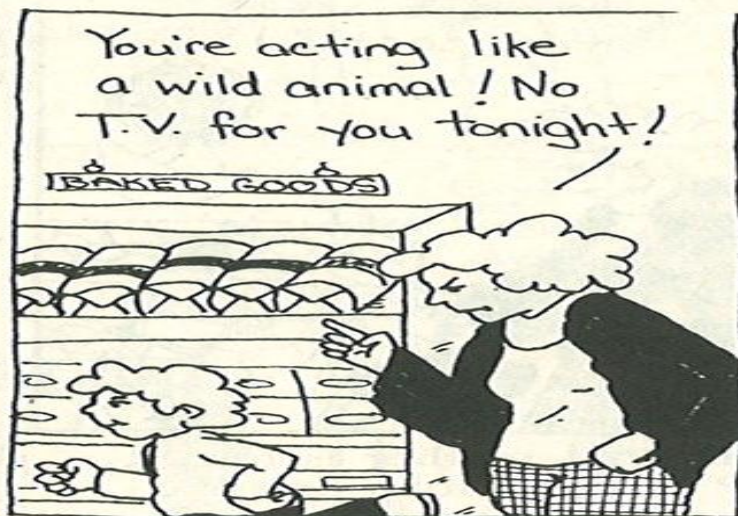
*Instead of*



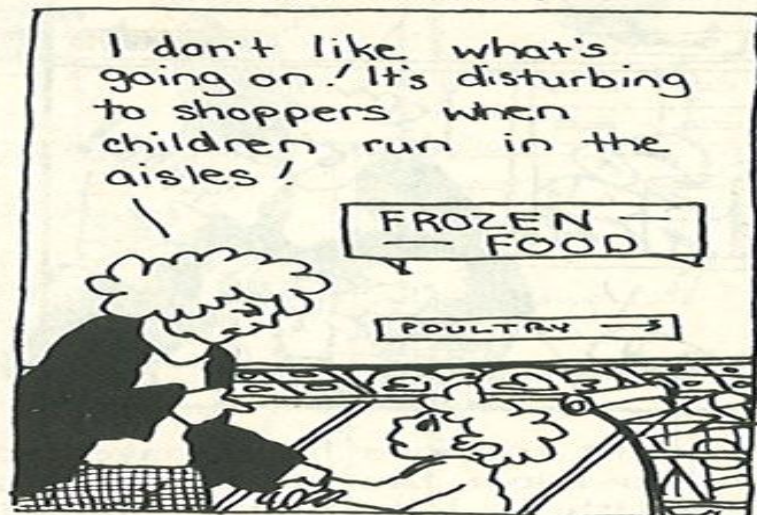
*Point out a way to be helpful.*



*Instead of*



*Express strong disapproval.  
(without attacking the  
child's character)*

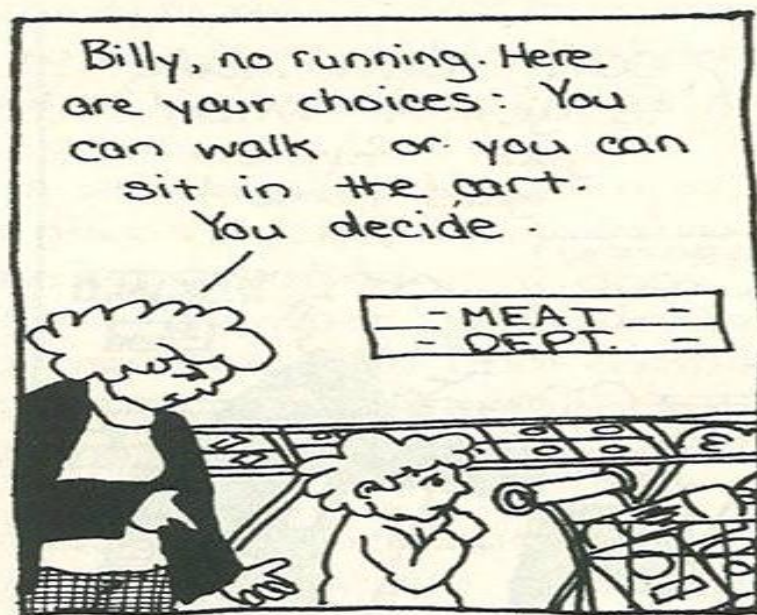




*Instead of*



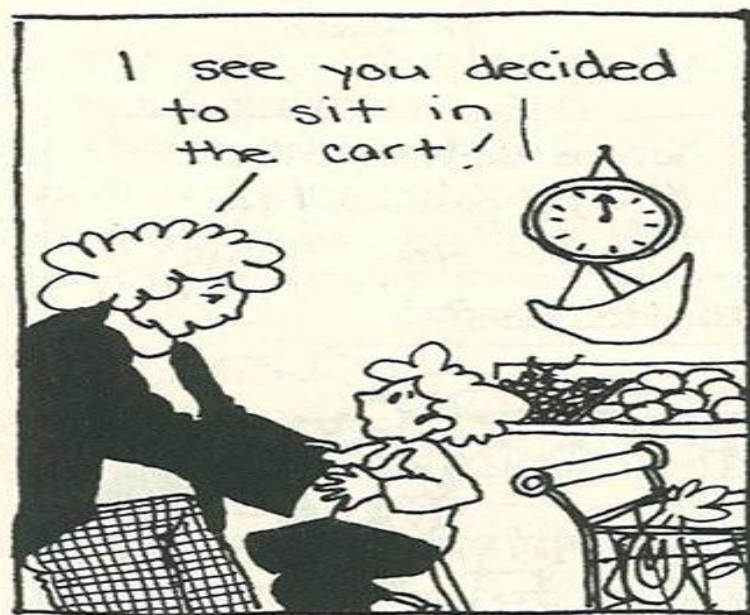
*Give a choice.*



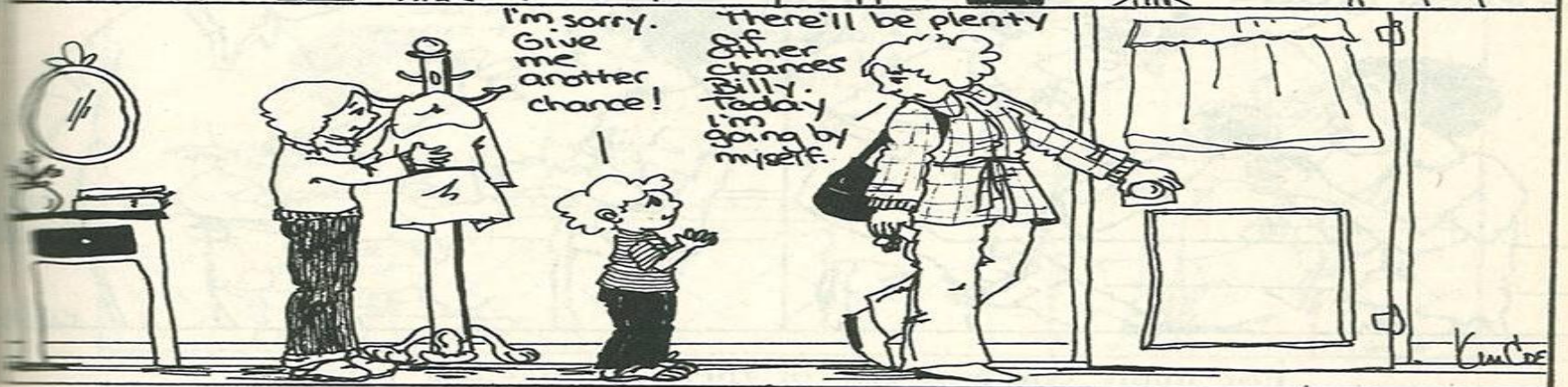
*Instead of*



*Take action. (Remove or restrain)*









# Alternatives to punishment

- Point out the way to be helpful
- Express strong disapproval (without attaching character)
- State your expectation.
- Give a choice
- Take action
- Allow the child to experience the consequences of his misbehavior



# Praise



## story

- Once upon a time there were two boys names Paul and David. They both had mothers who loved them very much!!!

But each boys day began differently!

Bruce:

The first thing that Paul heard when he was awakened in the morning was: "get up now Paul. You are going to be late to school again!"

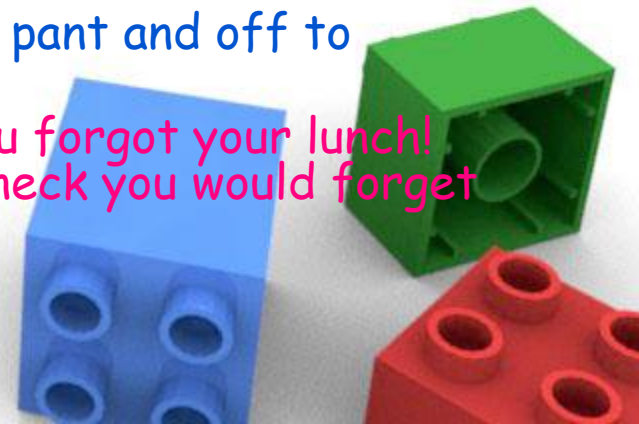
He got up, dressed up but forgot his shoes and came to break fast.....where are your shoes? Are you planning to go to school barefoot?

And look at what you are wearing? That blue sweater looks ugly on the green t-shirt...and look at the condition of your pant...oh gosh....don't spill your juice....don't spill it away as you do it everyday.....

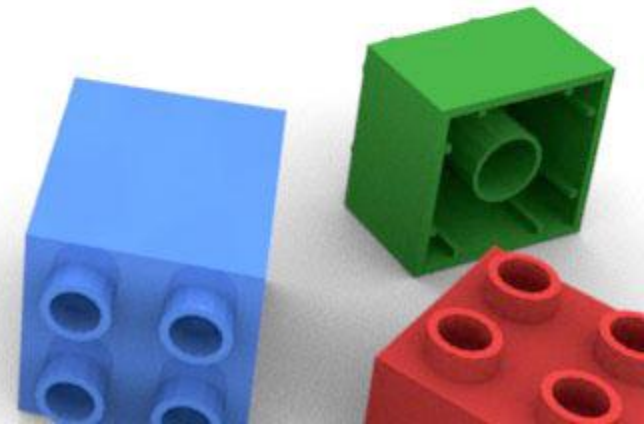
He dropped the juice and made a mess!!! As the mom was cleaning up the mess said "I don't know what to do with you"

Paul finished his break fast in silent....changed his pant and off to school

FORGOT HIS LUNCH. mother called out: Paul, you forgot your lunch! I'm sure if your head wasn't attached to your neck you would forget that also."



- The first thing that David heard in the morning was: "7 o'clock. Do you want to get up now or take 5 more minutes?" Later he came to breakfast dressed.... "hey you have dressed up already. But you have forgotten to put on your shoes." Oh...look your pant is torn....do you want me to sew it while you are eating ?.....no. I think I'll change it after breakfast....then he sat down and spilled his juice while drinking... Mom: " the clean up rag is in the sink" He cleaned the mess and off to school....FORGOT HIS LUNCH.... Mom called out, " David! Your lunch!" He came back and took the lunch and said thanks....



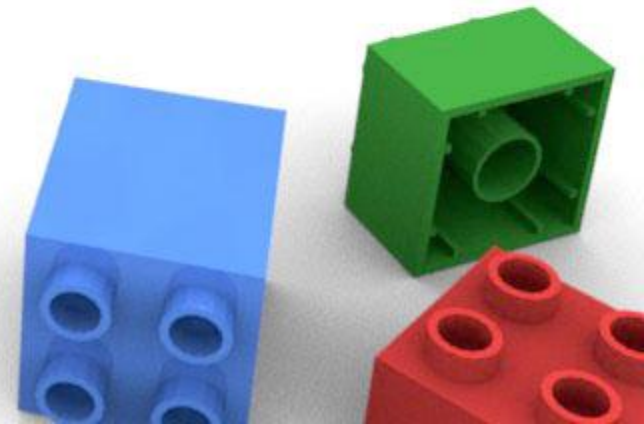
- Would David be likely to raise his hand as volunteer?



- Would Paul?



- What is the relationship between how children think of themselves and their willingness to take challenges?



Direct connection between, how kids feel and  
how they behave.

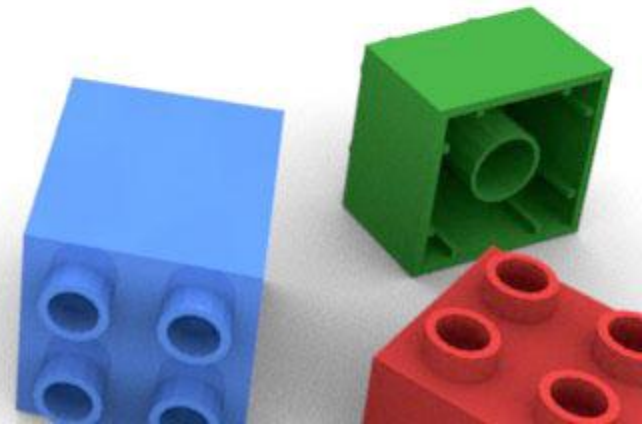


When kids feel right, they behave right

How do we help them to feel right?



By accepting their feelings

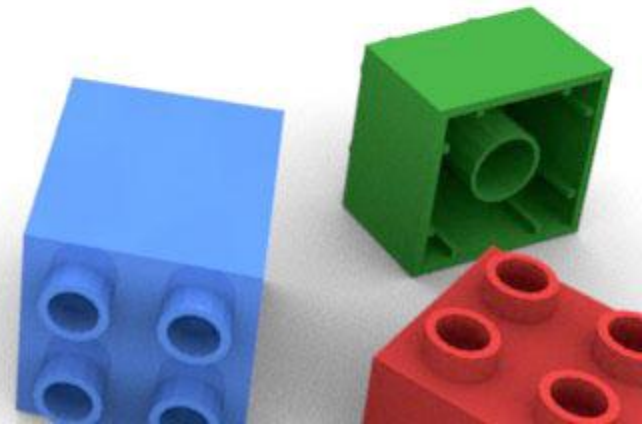
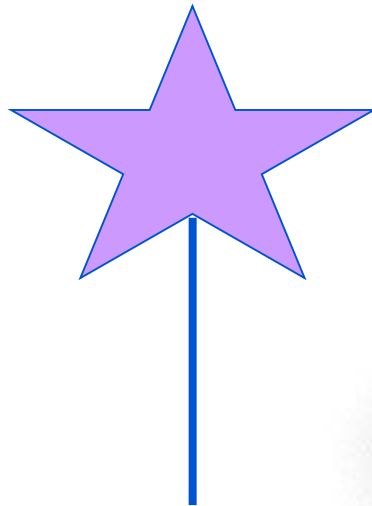




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