

Score Yourself

To greatly enhance your listening skills purchase the “Help Your Child Listen” video at <https://www.incaf.com/shop>

Most of us have never been taught the art of listening. So if you scored at a level you don’t feel good about, please don’t be hard on yourself. Just simply make a commitment to improve. There is a bonus: Once you become a better listener, so will your children.

If your answers were mostly As then you are not listening at all.

You dismiss most of what your kids say to you, so you shouldn’t be surprised if they ignore what you say to them. Take some time to reevaluate the kind of relationship you’d like to have with your children, and **consider taking a parenting course reconnect with your kids and build your listening skills.**

If your answers were mostly Bs then you may be pretending to listen.

You are too busy in your mind thinking about something other than what your child is saying to you, yet you appear to be listening by offering an “uh huh” or “I understand” scattered in the conversation. Your objective is to make your child feel like you’re listening so perhaps he/she will leave you alone to finish what you’re doing. Your kids’ probably mirror the behavior you model, making it a challenge to get them to listen to you. **Brush up on your listening skills in order to make communicating with your kids less challenging.**

If you answered mostly Cs, you are an attentive listener.

You are fully present to your child. You are not only listening to what your child is saying, but you are also attuned to his/her body language and the tone of his voice. Your objective is to “be there” for your child. **Find out how to improve your already stellar listening skills!**

If you answered mostly Ds, then you are an empathetic listener.

Empathetic listening is the capacity to recognize and share feelings that are being communicated by your child. This is the deepest level of listening and requires one to suspend all judgment. Your objective is to really “get” what your child is trying to communicate so he/she feels heard, accepted, and understood. **Give yourself a huge pat on the back!**

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