

Pastoral Matters

Parent Workshop 2



Listening



Our Aims

Give parents an opportunity to share experiences

Seek support and gain understanding

Develop our community cohesion

Be driven by your needs....

Parental
Feedback



Our Expectations

- **Get what you want out of the session....**
- **This is not a lecture – ask questions!**
- **Confidentiality**
- **Life is not straightforward.....**
- **‘Shared Experience’**



You solve their
problems...

You talk too much....

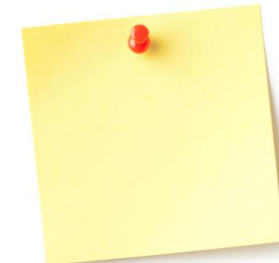
You're judgemental...

They don't
want to
disappoint you!

Pupil Voice
**Why children sometimes
don't want to talk to
you....**

You pressure them to talk....

You're distracted....





INSPIRING LIFESTYLE TRANSFORMATION



**WE ARE ABOUT A WIDER CONCEPT OF HEALTH:
DEVELOPING PHYSICAL AND MENTAL WELLBEING TO
IMPROVE PERFORMANCE IN EVERY AREA OF LIFE**



How do we put ourselves (and our children) in a physical and emotional state that helps us to listen better?



How do we create a healthy environment so that we can listen better?



How do we create more
opportunities to listen better?



What 1 thing could you do....?





Listening

In order to help our children—

Develop Emotionally

Build Self Esteem

Build Resilience

Looking for Opportunities to Listen



Dismissing Feelings

Child: I'm feeling sad

Parent: Don't be silly, we're on holiday you can't be sad!

Child: I'm scared

Parent: Don't be ridiculous, there's nothing to be scared of

Child: I hate Emily!

Parent: That's not nice, she's your friend



“When little people
are overwhelmed by
big emotions, it’s our
job to share our calm
not to join their
chaos”

L.R. Knost



Listening Skills

- Don't try to solve the problem, at least not straight away
- Try to understand how it seems to them, remember they have different cognitive abilities, life experience, emotional intelligence
- Pay attention to their tone of voice, facial expressions and body language



Listening Skills

- Ask lots of open ended questions- this shows them that we care and helps them to better understand their situation
- Try not to ask WHY questions?
- Repeat back to them what you think you understand to check whether you are right
- Empathise
- Help them to come up with their own solutions



Useful Questions to Help Children Explore their Thoughts and Feelings

- What do you wish was different?
- What's the hardest part about that?
- What was the sad bit there for you?
- What does sadness/anger feel like in your body?
- What are you thinking might go wrong here?
- What else has happened that makes this worse?
- Do you know why you feel upset about this or do you just feel upset?
- If I was you, I might feel worried about this- how about you?
- Are you feeling more angry or hurt?
- Is there anything about this that you feel embarrassed/ashamed about?

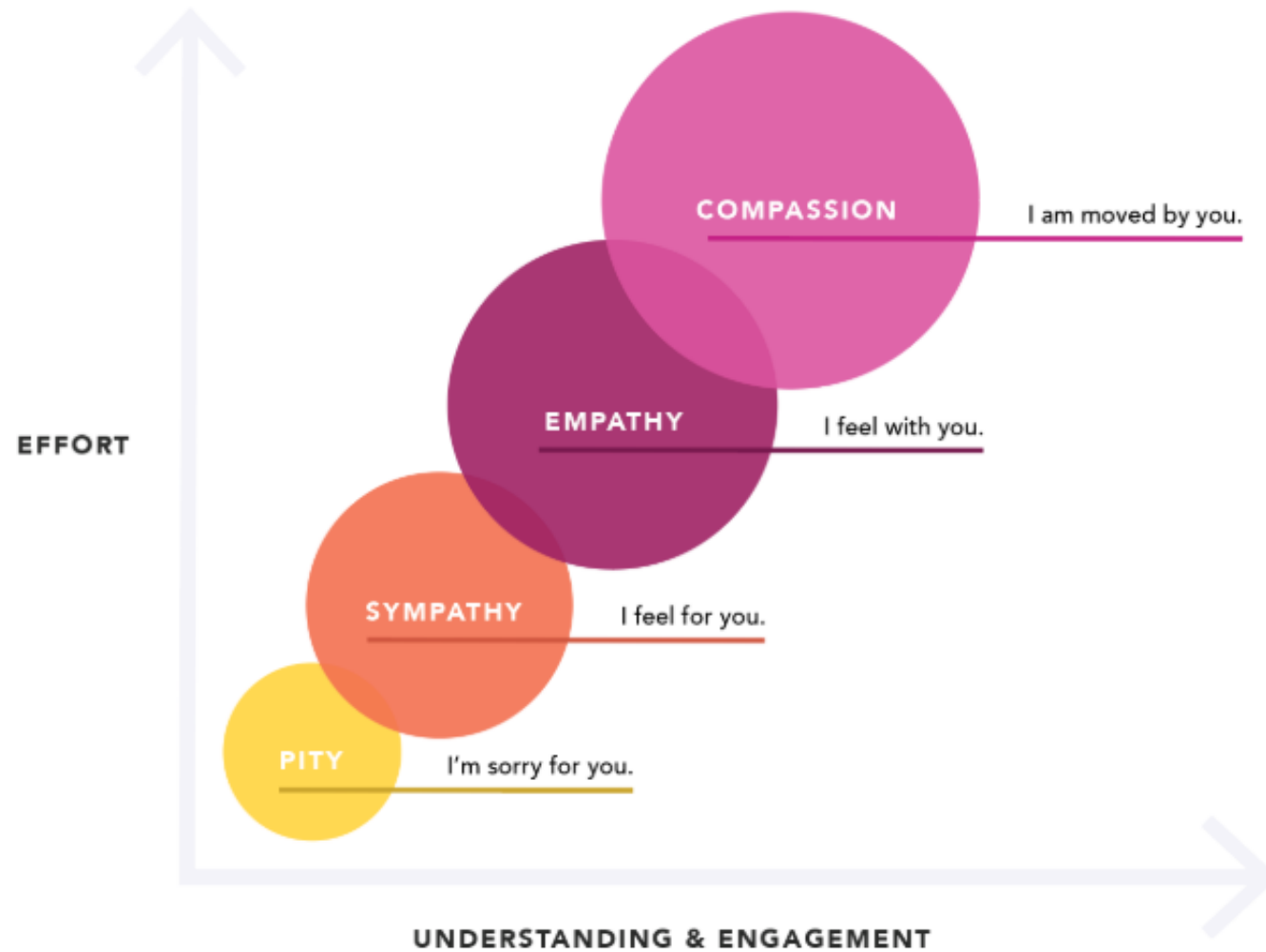


Useful Questions to Help Children Explore their Thoughts and Feelings

- Does your feeling remind you of anything? A colour/animal/person?
- What do you wish you could change about yourself in all of this?
- What would make this a little better?
- What does your feeling want you to do right now?
- If I did THIS to help- would that be good or not?
- Has anything helped in the past?
- What things trigger that off for you?
- What are your options/what do you think you might want to do about this?
- If you had unlimited powers to change things, what would you do?



SPECTRUM OF EMPATHY



Examples of Empathic Statements

- I am sorry that this is so discouraging/frustrating/disappointing right now
- I can see how hard you have tried
- It sounds like you did everything that you could
- I don't know if you feel like this, but I think that I would feel really angry/sad/confused if I were you
- I know how it feels when you are embarrassed in front of everyone, when I was young.....
- It's completely normal to feel that way
- I'm on your side, is there anything I can do to help?
- What I admire about you in this situation is....



Podcasts

How not to screw up your kids

Dr Maryan

Episode 39 focuses on how to talk to children about frightening world events

Parenting for the Future

There is an episode on Parenting Social Media and Screen Savvy Kids

Talking to Teens (equally relevant for adolescents)

Episode 177 focuses on tech/social media use

Rob Beckett and Josh Widdicombe's Parenting Hell

For light relief!



Where to
next?

