

### **Attitudes Required to Use Active Listening**

1. You must want to hear what the child has to say. This means you are willing to take the time to listen. If you don't have time, you need only to say so.
2. You must genuinely want to be helpful to him with his particular problem at that time. If you don't want to, wait until you do.
3. You must genuinely be able to accept his feelings, whatever they may be or however different they may be from your own feelings or from the feelings you think a child "should" feel. This attitude takes time to develop.
4. You must have a deep feeling of trust in the child's capacity to handle his feelings, to work through them, and to find solutions to his problems. You'll acquire his trust by watching your child solve his own problems.
5. You must appreciate that feelings are transitory, not permanent. Feelings change-hate can turn into love, discouragement may quickly be replaced by hope. Consequently, you need not be afraid of feelings getting expressed: they will not become forever fixed inside the child. Active listening will demonstrate this to you.
6. You must be able to see your child as someone separate from you-a unique person no longer joined to you, a separate individual having been given by you his own life and his own identity. This "separateness" will enable you to "permit" the child to have his own feelings, his own way of perceiving things. Only by feeling "separateness" will you be able to be a helping agent for the child. You must be "with" him as he experiences his problems, but not joined to him.

### **Ineffectible Ways of Confronting Children**

1. Causing the child to resist his parent's influence efforts by refusing to change the behavior that is unacceptable to the parent.
2. Making the child feel his parent does not think him very bright.
3. Making the child feel his parent has no consideration for his needs.
4. Making the child feel guilty.
5. Tearing down the child's self-esteem.
6. Causing the child to defend himself vigorously.
7. Provoking the child to attack the parent or get back at him in some way.