

# Does your child need better **Listening Skills?**

## Quick ideas:

1. Set Clear expectations and ask your child to repeat the instructions/directions.
2. Start with one request at a time (please put away the silverware) and as your child is good with one, slowly progress to more requests at a time. (Please put away the silverware and then feed the dog.)
3. If your child wants to argue, give one brief reason and move on... do not argue or defend your request.
4. If they do not comply right away, don't sweat it unless it needs to be done right away. Use a timeline if needed (I need the dog fed before you go play with your friends.) Help them understand the difference between needing something right away (set the table, it is time to eat) and something that there is some time allowance (I need your room clean before you get to watch TV tonight.)
5. Reward compliance. Reading time with an adult, privileges that are easy to give such as staying up 5 minutes more, or a parent helping with a chore will help them see that you value their help and following directions.
6. If they do not listen remain calm, but give them a consequence so they know you expect them to follow through. (If you can't follow directions, there won't be any xbox/TV/dessert/friends tonight/tomorrow.)
7. As your child gets better at listening, change your expectations to where they follow directions the first time they are asked so you don't have to repeat the directions. (Imagine the teacher having to repeat the directions for 25 students who are used to getting the directions more than once.)

## Suggested websites:

<a href="https://www.boystown.org/parenting/Pages/how-to-get-your-child-to-listen.aspx">https://www.boystown.org/parenting/Pages/how-to-get-your-child-to-listen.aspx</a>	<a href="https://www.youtube.com/watch?v=EUR4ZXjXciQ">https://www.youtube.com/watch?v=EUR4ZXjXciQ</a>	<a href="https://www.healthyplace.com/parenting/discipline/is-there-a-way-to-discipline-a-child-who-just-wont-listen">https://www.healthyplace.com/parenting/discipline/is-there-a-way-to-discipline-a-child-who-just-wont-listen</a>	<a href="https://www.verywellfamily.com/how-to-handle-defiant-child-ren-620106">https://www.verywellfamily.com/how-to-handle-defiant-child-ren-620106</a>
			

## Other suggested resources:

*Zen Parenting Radio*, and *Good Inside* , *Hand in Hand Parenting* podcasts  
*Parenting with Love and Logic* - CD check out through school