



Objectives

Define effective listening

Identify the do's and don'ts of effective listening

Ideas to get your children to talk and keep them talking

Clarify what discipline means

Provide strategies to implement effective discipline

Explain which discipline strategy works best for different aged children

Tips for Effective Listening

1. Position yourself facing your child
2. Maintain good eye contact
3. Relax during the conversation and be attentive to what the child is saying
4. Keep an open mind and be mindful of responses
5. Try to picture what your child is saying
6. Resist interrupting or offering your own solutions when your child brings up a problem
7. Wait for your child to pause and then ask any clarifying questions
8. Empathize and try to actually feel what your child is feeling
9. Give your child feedback with head nods or brief responses.
10. Pay careful attention to non-verbal clues and body language.

Do's of Effective Listening

1. Be a sounding board for your child
2. Listen more than you talk
3. Ensure their privacy
4. Be aware of your body language

Don't's of Effective Listening

1. Interrupt
2. Judge or criticize

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Don'ts of Effective Listening continued

3. Put down or dismiss
4. Try to solve your child's problems
5. Tell your child how they should feel
6. React

Discipline Technique

Dr. Thomas Phelan's 1-2-3- Magic strategy

First sign of misbehavior state: "That's 1." Wait 15 seconds.

If behavior continues state: "That's 2." Wait 15 seconds more.

If behavior continues, state: "That's 3. You're will be moved to the calming or refocusing area"

If a warning does not stop the behavior, then place the child in safe place for one minute per year of age. So an example would be a 3-minutes for a 3-year-old.

The safe place or calming spot should be a quiet, safe, calm, distraction-free area if possible.

After the refocus time, remind your child what behavior resulted in the time away. Explain that the behavior was not acceptable.

The final step is to reassure your child that you love them and offer them opportunity for the child to talk about their feelings and possible solutions. That direction and length of that conversation will depend on child's age and development.

<https://keychangesmusictherapy.com/wp-content/uploads/2016/02/1-2-3-magic-How-To.pdf>

Helpful Links

Merriam-Webster Dictionary: <https://www.merriam-webster.com/dictionary/listen>

Money-Zine: <https://www.money-zine.com/definitions/career-dictionary/effective-listening-skills/>

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Helpful Links continued

Forbes: <https://www.forbes.com/sites/womensmedia/2012/11/09/10-steps-to-effective-listening/#2a114765389>

Center for Parent and Teen Communication
<https://parentandteen.com/>

Skits adapted from: The Center for Parenting Education.
<https://centerforparentingeducation.org/library-of-articles/healthy-communication/the-skill-of-listening/>

Podcast

MCEC 'For the Sake of the Child' Open Communication with Dr. Ginsburg
<https://militarychild.podbean.com/?s=open+communication>

Videos

Video 1: Everybody Loves Raymond Active Listening: <https://youtu.be/4VOubVB4CTU>

Video 2: Parenting Tips- Discipline at Different Ages | Parents: <https://youtu.be/B3iMORZK49U>

MCEC[®] Resources

- *SchoolQuest™* is an interactive tool, specially designed to support highly mobile military-connected parents & students:
<https://schoolquest.militarychild.org>
- Student2Student[®] Program Information <https://www.militarychild.org/audience/students>
- Professional development opportunities through MCEC: PD@militarychild.org
- Military Student Consultants: This program is the portal for all questions student and parent related. You can submit your specific questions concerning transition barriers and receive specialized support. To contact a Military Student Consultant, email msc@militarychild.org
- The MCEC[®] podcast series covers an array of informative and important topics with guests from all walks of life. Visit [Podbean](#), [Google Playstore](#), or [iTunes](#)
- If you have any questions, please don't hesitate to reach out to:
Info@MilitaryChild.org

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