

Bringing Up Great Kids Parenting Adolescents

Chapter 5 Handouts

Are you listening to me?



It is not always easy to really listen to what is being said. Let's face it, our minds are often elsewhere and not here.

But like looking, listening is something you can learn. All you need is deliberate, mindful attention and to learn to recognise its absence.

Here are some simple listening activities.

Listening to a sound without immediately wanting to label it strengthens our ability to really listen to one another.



- What sounds can you hear right now? Are they high or low pitched, humming or buzzing sounds?



- Can you detect some kind of rhythm?



- Are the sounds behind or in front of you?
 - o Far away or close?
 - o Are the sounds outside you?
 - o Can you hear any sounds inside yourself?

Like you strengthen a muscle by working it, you can train your attention muscle by using all of the senses



Communication Barriers

Cliché

You are still young and your whole life is ahead of you. Chin up. Smile and the whole world smiles with you. I hope this teaches you not to count your chickens before they hatch!

'The problem with you'

The problem with you is that you always say the wrong thing. You look untidy and you fidget all the time. You are too keen and not patient enough. You don't listen. Besides you always take things too personally

Philosophical

Everything happens for the best. If you miss one bus another will come along soon. When one door closes another one opens. That job was just not meant for you. You know what we always say in this family when life gives you lemons make lemonade!!

'Take me for instance'

When I was your age and went looking for my first job I cleaned my shoes, put on clean clothes washed my hair. I knew how to make a good impression.

Self-pity

I am so sorry I don't know what to say. My heart breaks for you. Life is so much a matter of luck and we are not a family that has much luck. We don't know anyone who can do us a favour.

Minimising the situation

I don't see why you feel so unhappy. There is really no good reason for you to be so discouraged. Big deal! One job did not work out. It's not even worth talking about.

Reasoning

What did you expect? To get the first job you wanted? Life is not like that. You may have to go for 10 jobs before you get lucky.



A Way Forward

- You really wanted that job, didn't you?
- And it seemed like the perfect job for you too
- How disappointing
- Getting a job so you can have your own money is something you are really looking forward to.

- I really did
- Yeah well, that wasn't the way it worked out
- Yeah it sure is
- Yeah, I know. (pause) I guess I will just have to apply for another one. It's not the end of the world.



M&M's Activity



Take several M&M's of different colours, share with the group your answers related to the colour of your M&M's.

m Something about yesterday...

m Something you do well...

m Something your adolescent is good at...

m Something you can't live without...

m Something you watch/listen to...

m Something you enjoy doing with your adolescent...
