



Parents of Preschoolers

Video Session One: Listening For Meaning

Introduction

It's said that if you want to know what a preschooler is thinking about, you should listen to their stories...but for parents, listening can be challenging when we have so much to get done. How can we help ourselves tune into the powerful things our kids are telling us?

Question

Take a look at the example below. When your child is telling you a story, how do you feel? Does your attention stay with them or begin to drift away? Choose one way you might try to keep your attention in the present moment.

Invitation

For the next few days, as much as you're able, commit to paying a deep attention to your child's stories. What kinds of things are they sharing with you? What sort of meaning can you make of it? Take notes if you choose.

Sample: "I Feel, I Want, I Will"

When my child starts to tell me a story, I feel bored and distracted

When my child starts to tell me a story, I WANT to feel more engaged

To help myself feel more engaged I will (circle one):

put my phone away

sit or kneel at my child's level

Say "I'm listening"

ask questions about the story

connect physically – touch or hug my child

Session One: Notes

What kinds of things are your kids telling stories about?
What meaning can you make from them? Take notes here.

