

Replacing the Quick Fix with Active Listening

It is hard to see your children upset, particularly when they are grieving. As a parent or caregiver, you might feel it is your job to “fix” things for them. However, by choosing to listen rather than do a quick fix, you can help your children learn to solve problems on their own and get the support they need to better cope with their feelings.

Avoiding the quick fix also eases your workload. It is not your job to solve every problem that comes up! Below are some common quick fixes and ways to avoid them.

If you catch yourself about to...

Tell your child their problem is not such a big deal...

Share your opinion before hearing all the details about what is bothering your child...

Jump in with advice before your child has a chance to come up with ideas...

Tell your child not to worry and that you will take care of the problem...

Tell your child what they should have done...

Try to...

Put yourself in your child’s shoes—it is a big deal to them. Use Conversation Starters and Say More’s to find out what happened.

Remember how you feel when someone tells you their opinion before you get a chance to tell your story. Let your child talk and ask open-ended questions to encourage them to say more.

Give your child the chance to tell you how they feel and work on their own solutions while letting them know you are there if they need you.

Use good listening to figure out if they just need your understanding or if they really need help figuring out the best solution for their problem.

Remember that your child is coming to you because they are upset. Use good listening to enable your child to tell you what happened and how they feel.



Resilient Parenting

FOR BEREAVED FAMILIES



Give yourself a break from quick fixing - remember how good it feels to be heard and supported and to come up with your own solutions!

MODULE 3: Listen to Your Children So They Will Share More

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