



Family Literacy Week

# Let's Connect! Care • Play • Listen

Primary (6-8 years old)

## Make a listening chair!

Listening to your child encourages them to listen to you, feel valued and build strong, respectful relationships.

Find a comfortable chair in your house where your child can sit. Connect with your child. Allow them to talk about anything they are feeling, thinking or curious about. Your job is to listen!

## Different ways to listen:

- **Active listening:** Listen intently. Paraphrase and reflect without judgement on what your child is saying.
- **Attentive listening:** Focus on your child. Work hard to eliminate distractions.
- **Responsive listening:** Show that you are listening and understanding through what you say and do.



## Other ideas to try:

- Tell family stories to connect your child with their family's history and traditions.
- Sit down to a family dinner and let connections happen naturally.
- Fill a jar with conversation starters to create a family "table talk" jar. Decorate the jar and let everyone put in ideas and questions.
- Use a talking stick during family discussions to make sure everyone has a turn.

The Indigenous tradition of passing a stick to the speaker instills the importance of listening and speaking from the heart.

**"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention."**

– Rachel Naomi Remen