

ACTIVE LISTENING CHECKLIST

It is important that you attune to your child in other ways by using your active listening skills. How do you know if you are actively listening or partially listening to your child? Add the quiz below to your parental self-audit and stay on top of it.

		YES	NO
	1 When your child is talking to you, do you stop what you are doing?	<input type="checkbox"/>	<input type="checkbox"/>
	2 Do you give your child your full attention when they are talking?	<input type="checkbox"/>	<input type="checkbox"/>
	3 Do you interrupt when your child is speaking?	<input type="checkbox"/>	<input type="checkbox"/>
	4 Do you repeat what you think you heard your child say, just to be clear?	<input type="checkbox"/>	<input type="checkbox"/>
	5 When your child is asking you about a problem, are you already thinking of the solution before they have finished speaking?	<input type="checkbox"/>	<input type="checkbox"/>
	6 Do you fold your arms in front of you when you are upset or angry while listening to your child's explanations?	<input type="checkbox"/>	<input type="checkbox"/>
	7 Do you look your child in the eye when they are speaking to you?	<input type="checkbox"/>	<input type="checkbox"/>
	8 Do you ask questions to keep the conversation going or when you don't understand something your child is saying?	<input type="checkbox"/>	<input type="checkbox"/>
	9 Do you offer other ways for your child to 'talk' to you, like playing together or drawing a picture of what happened?	<input type="checkbox"/>	<input type="checkbox"/>
	10 Do you encourage your child to talk again later by telling them you are there to listen if they need you?	<input type="checkbox"/>	<input type="checkbox"/>