

Encouraging ACTIVE LISTENING *skills*



Active listening is an essential skill. When someone listens actively, they work to hear and process the information while also piecing it together to form an idea or to understand instructions. For children, this skill helps build relationships, absorb information, and participate in the world around them.

Here are a few easy things you can do to help your children become active listeners.

1 Listening Games

Have your child close their eyes while you play a sound. This could be making an animal noise, honking a horn, playing an instrument, whistling, or anything else you can think of. Then have your child describe what they hear.

You can also play this outside: while going for a walk, pause every so often to intentionally stop and listen. What do you hear? Cars? Birds? People? Take turns talking about what it sounds like outside.



2 Repeat After Me

When your child tells you something, whether they are relating a story or asking for a snack, repeat back part of what they said. This shows them you were listening and engaged in what they were saying.

Then, the next time you give your child instructions or describe your plan for the day, ask your child to repeat some of what you said. You can ask, "Do you remember what we're doing after nap today?" Or say, "We read a book and brushed our teeth, what else do we do before we go to bed?"

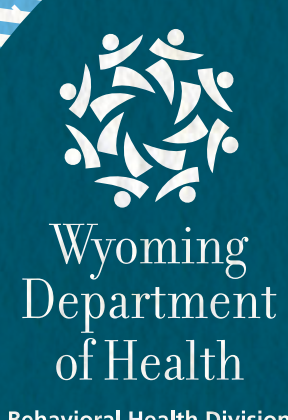
3 Follow-Up Reading

To practice listening intently, ask follow-up questions after you read a book together. At the end of the story, ask your child if they remember what happened at a specific part (which animal jumped over the moon?). Or ask them to describe their favorite part.

You can also stop in the middle of a story to ask your child questions - what do they think is going to happen next? Can they find the red balloon in the picture? This shows your child it's OK for them to stop and ask questions if they need to.



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