

# NIA HOUSE PARENTS TAKE THE LEAD, *LET'S LISTEN*

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Nia House Learning Center  
Parent Meeting, April 17, 2020

*“Listening is such a simple act. It requires us to be present, and that takes practice, but we don’t have to do anything else. We don’t have to advise, or coach, or sound wise. We just have to be willing to sit there and listen. If we can do that, we create moments in which real healing is available. Whatever life we have experienced, if we can tell our story to someone who listens, we find it easier to deal with our circumstances.”*

*Margaret Wheatley*



## *“I HEAR YOU...”*

- Listening is a **fundamental component of interpersonal communication skills.**
- Listening is an active process in which a conscious decision is made to listen to and **understand the messages of the speaker.**
- We all need to feel: SAFE, SUPPORTED & **UNDERSTOOD.**

## ACTIVE LISTENING ISN'T:

- Being stuck in your own head
- Interrupting
- Becoming distracted
- "Topping" the story (saying "that reminds me of the time...")
- Preparing your reply while the other person speaks
- Praise

## ACTIVE LISTENING IS...

- Neutral / nonjudgmental (connects to PD)
- Patient/Quiet (allows for periods of silence are not filled)
- Eye Contact/Posture
- Asking Questions / Clarification
- Summarizing, "I hear you saying..."
- Involves all of the senses

**How can active listening impact our parenting, friendships, & partnerships?**

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# BREAK OUT:

## LET'S LISTEN.

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Each room will have:

- Parent Facilitator
  - Omar
  - Jenny
  - Rachel
  - Shonali
  - Ethan
  - Molly
- 1-2 NH Staff
- 4-5 Parents
- 15 minutes,  
1 minute to talk on each topic

- Share one thing you've been able to enjoy during your time home with family?
  - What has been the most challenging thing about sheltering in place?
  - What strategies in positive discipline have you been able to or are aspiring to implement?
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# REGROUP

Facilitators share...

- Themes from small group
- Something surprising
- Areas for continued attention, skill building

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“By listening with calm and understanding,  
we can ease the suffering of another person.”

***Thich Nhat Hanh***

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