



Tip 46 - Active listening.

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child’s life.

More involved fathers and father – figures = better outcomes for children.

Listen to your children to find out how they are feeling, and what is going on in their lives. Sometimes your children may not tell you exactly what is going on with them. By actively listening, you can tell if they are happy or if something is bothering them.

Ask yourself:

- Do I talk ‘to’ my kids or ‘with’ them?
- When I talk with my kids, do I also really listen to them?
- Do I stop what I am doing and give them my undivided attention?

To listen well:

- Look at the person who is talking and occasionally nod, say “yes” or do something that signals you have understood.
- Pay attention and think carefully about what is being said.
- When the other person stops speaking show that you have really listened by asking a good question based on what they have just said.



If you would like more information about The Fathering Project, contact: David Walker:

Email: David.walker@thefatheringproject.org

Mobile: 0418 524 456

Or visit our Web Site: <https://thefatheringproject.org/> 