



Living Peace Church News & Notes

Focusing on the peace & reconciliation ministries of the church. Greetings from On Earth Peace!

Keep in Touch!

When my children were just learning to talk, it was often difficult to figure out what they were saying. Many of their mistakes were cute, but I still didn't get what they were talking about. Over time, they learned to speak more clearly, and I also learned better how to listen to them.

As they get older, I am still learning how to listen. Although they now *speak* clearly, sometimes I miss what they are trying to *say*. I want them to know that they can come to me with their concerns, their worries, and their joys, and to do that I need to hear them when they speak.

I have found a book by Mazlish and Faber, *How to Talk so Kids Will Listen and Listen so Kids Will Talk*, quite helpful. Here are some of their key points (*with two of my own recommendations in italics*):

- ◆ Listen attentively; let them know that you are listening, maintain eye contact.
- ◆ Reflect their feelings back to them: you don't have to agree, but let them know you understand what they are feeling.
- ◆ Do not deny their feelings.
- ◆ Use open questions.
- ◆ *Schedule time to connect with your children individually.*
- ◆ *Schedule special family times.*

In our family, we have started having regular "Family Nights," when we watch a movie or share some other activity. We also have outings with one parent taking one child for a special one-on-one time. Both children seem to enjoy this, and it opens up opportunities for some wide-ranging conversations.

~ **Pamela Young-Schultz**, Oakton (VA) Church of the Brethren

On Earth Peace: An agency of the Church of the Brethren helping people discern the things that make for peace
P. O. Box 188, New Windsor, MD 21776 • 410-635-8704 • www.brethren.org/oepa • oepa_oepa@brethren.org

Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake?
Matthew 7:9-10 (NRSV)