



Actors from Ten Ten visiting an elderly care home

First Monday newsletter

June 2016

Talking and Listening

Fr Stephen Wang writes:

One of the greatest gifts you can give to your children as a parent is the gift of yourself: being there for your children, sharing your time with them, being interested in them, being interested in what interests them.

It's a beautiful thing to see a child open up to someone they trust, sharing some new discovery, or just talking about what's on their mind. Children love to talk, and they need to talk. The more time you can give them, the more you really listen to them, the more they will trust you.

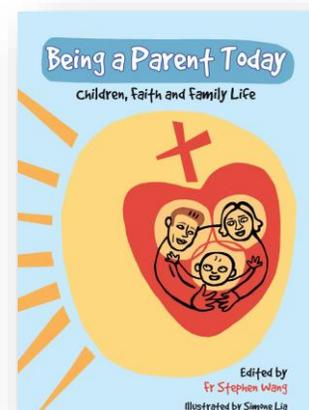
Listening is a real art. It takes a lot of practice, a lot of effort. And it costs. You might have to stop doing something, or avoid starting something, or not go somewhere – just so you can give time to listening to your children. At the very least, you will need to let go of your mental distractions for a bit, so you can really be attentive to their concerns and needs.

Continue...



Ten Ten produce a newsletter for parents on the First Monday of every month.

The text on the left is taken from the booklet which was given as a free gift to all parents who attended one of our sessions in schools. In the booklet, Fr. Stephen Wang gathers the thoughts of parents and others on "Being a Parent Today: Children, Faith and Family Life."



Talking and Listening

Others say:

• 'It's definitely worth making time to talk with your children, and to listen to them – each day if possible. The best times are when you are just doing things together or in the same space (but not when the TV is on . . .). For example, cooking, washing the dishes, walking the dog, having dinner together. In my experience, natural conversations as you spend time together are better than forcing children to tell you what they are thinking. But there is no harm in sitting down with children and saying 'So – how was your day?' You can help them to put their feelings and concerns into words. It helps them to grow emotionally, as well as helping their language development. I'd give these kinds of conversations as much priority as you would caring for their physical well-being. They need to know they can say anything to you without being afraid or misunderstood'

• 'Often you need to listen without judging - to allow them to express themselves and to be themselves. Then they will trust you. And then, if necessary, give them advice, or talk from your own experience, or say 'Had you thought about . . .?' Your openness to them is the key. It will help them to know that they are loved and accepted, and it will give them the confidence to come to you if they have problems or if they have done something wrong.'

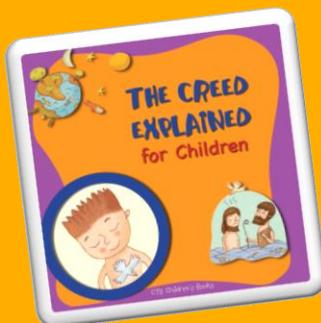


• 'I've got one practical tip: "Waste time" with your children. Build "downtime" into your day, so you are not always rushing past each other.'

• 'If a child tells you about a problem or difficulty or mistake they have made, don't just get angry and tell them off. Give them extra time, really listen, and ask questions. And try to work out together what they can do about it. Encourage them, and remember to ask them later on how it is going.'

• 'Try not to shout at children'. Sometimes we don't know what else to do so we just yell. Just listen to a good class teacher. When the class gets too noisy she will lower her voice. The less confident teacher will start shouting and the total noise simply escalates.'

CTS Book of the Month



THE CREED EXPLAINED FOR CHILDREN

In this colourful and attractive book, the beliefs of the Christian Church are continuously brought back to the life of Jesus. The author shows how faith is rooted in the astonishing story of the Incarnation and the events of Christ's life culminating in his death and resurrection. With its many illustrations and clear storytelling, this is an easy way to show children how Jesus, and his story as told in the Bible, is the basis of the faith being presented to them. Read with children aged 5 and up. Independent reading from age 7.

PRICE: £3.95

- ‘Sometimes I’m suspicious or anxious about her behaviour, but I don’t jump in too quickly. I ask gentle questions like ‘Is something on your mind?’ or ‘It seems as if things aren’t quite right with you?’ – and usually it comes out eventually.’

- ‘As they got older, we might share some of our own everyday concerns with them in an appropriate way – without burdening them with our adult problems. It allows them to become more and more involved in family life and decisions. We need to be open to their ideas and their unique perspectives on life!’

- ‘Yes, it can be difficult with teenage children – but don’t give up on them. Keep giving them time, keep talking. They will appreciate it, even if they don’t show it!’

Ten:Ten
Life to the full

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Ten Ten Theatre is a professional theatre company working in schools, churches, prisons, care homes, within communities and in theatres throughout the UK. It is part of Ten Ten, a national Catholic educational charity.

We are a family-run independent organisation based in North London.

Mass is celebrated for the intentions of the children and parents we meet in schools on the First Monday of every month.



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