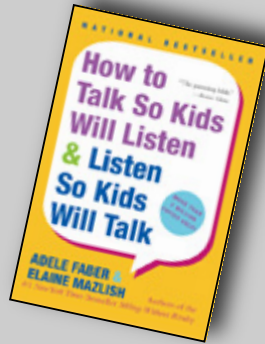


How to Talk So Kids Will Listen & Listen So Kids Will Talk

Authors: Adele Faber and Elaine Mazlish
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Adele Faber and Elaine Mazlish are internationally acclaimed, award-winning experts on adult-child communication. Both lecture nationwide, and their group workshop programs are used by thousands of groups throughout the world to improve communication between children and adults.



A Letter to Readers

The last thing we ever thought we'd be doing was writing a "how to" book on communication skills for parents. The relationship between each parent and child is a very personal and private matter. The idea of giving anyone instructions on how to talk in such a close relationship just didn't feel right to us.

The more we talked about it, the more comfortable we became with the idea. Why not a "how to" book with exercises so that parents could teach themselves the skills they wanted to know? Why not a book with hundreds of examples of helpful dialogues so that parents could adapt this new language to their own personal style?

Suddenly our original uneasiness about writing a "how to" book vanished. Every other area of science has its skill books. Why not one for parents who want to learn how to talk so their kids will listen, and listen so their kids will talk?

Chapter 1: Helping Children Deal with Their Feelings

When I'm upset or hurting, the last thing I want to hear is advice, philosophy, psychology, or the other fellow's point of view. That kind of talk only makes me feel worse than before.

But let someone really listen, let someone acknowledge my inner pain and give me a chance to talk more about what's troubling me and I begin to feel less upset, less confused, more able to cope with my feelings and my problem.

The process is no different for our children. They too can help themselves if they have a listening ear and an empathic response. But the language of empathy does not come naturally to us. It's not part of our "mother tongue." Most of us grew up having our feelings denied. To become fluent in this new language of acceptance, we have to learn and practice its methods.

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SAIF

Calculation of scale:

Original scale:

Insertion scale:

Scale:

= (multiply both quantities)

= x

=

Scale (decimal):

Scale (imperial):

Hello