

5 Truths About

About the Hand in Hand Parenting Tool of

Staylistening



SHOULD STAYLISTENING ALWAYS RESULT IN A CRY?

No. Your child may get angry. May shout. May scowl. May stalk off. These are all ways for a child to offload, and you can Staylisten to them in just the same way as you would tears and upset.

WHY DO I FIND IT HARDER TO LISTEN TO MY CHILD'S ANGRY FEELINGS?

You might find that your protective instinct kicks in when your child cries, and that your empathy is heard and accepted. Things can feel very different when your child is angry and no matter how hard you lean in to listen it feels like your offer to help is rejected. You may also have other re-stimulation around anger, and feel triggered when your child gets angry.

WHAT CAN I DO IF IT FEELS HARD LISTENING TO ANGER?

Try to listen as best you can and when you feel yourself flare or your worry and concern feelings kick in, note when it happened. Take that to your listening partner. Think about how you feel when you get angry. How did your parents respond to your anger as a child. Who got angry in your house and how did it make you feel. Try getting angry with your listening partner. This will make it easier when you have to listen to your child's anger next time. If it doesn't? Take those feelings back to your listening partner - you have more feelings about anger that need to be heard.

TRUST IN YOUR CHILD'S PROCESS

For Staylistening to be truly effective, you need to trust in your child to use it just how they need. Remember, anger, is a feeling, and like all feelings is temporary. Your child is offloading in the best way they know how at this moment. With your kind love and attention, you may see this change, but the more you work on your own vulnerability and reactivity around anger the easier it will be to listen to.

STAYLISTENING IS JUST ONE TOOL

Staylistening is just one way for your child to offload, it is not the only way. Special Time allows them to offload when they direct play exactly as they need. Setting Limits allows them to offload when they but up against what you say needs to happen. Playlistening allows your child to offload through laughter, and rough and tumble "roughhousing" play like pillow fights, wrestling and chase allows your child to offload through physical action. Using them all together gives plenty of opportunities for feelings in all shapes to come out and builds safety and connection., so try and use them all regularly through the day.