20. SUBJECT: Conflict Help: Listen More, Talk Less

“You’re not even listening to what I’m saying!”

My kids have said this to me before, and they’ve been right. Many times during a conflict with them I’m too focused on what I want to say—what I feel I *need* to say—to really listen to them.

As you can imagine, this doesn’t work very well, particularly when we’re trying to resolve an issue or difference.

Here’s today’s *Tip for Modern Parents*:

**When in a conflict with your child(ren)—*especially* when in a conflict!—listen more and talk less.**

When we listen—really listen—to our kids during a fight, we might just see a change in posture; they might interpret our listening stance as an invitation to be less defensive, and their attitudes might just soften as a result.

Listening is always, always good. Our kids will remember the fact that we truly listened to them—even in conflict—far longer than they will remember any words we actually spoke.

Onward to better parenting,

ADD NAME