**Opportunity Mindset Tips**

**Transforming Challenges into Possibilities**

“My child doesn’t listen to me when asked to do things, often ignoring me or even talking back.”

**CHALLENGE**

How do I get my child to listen to me?

**CHOICE**

You can decide how to think about this moment and how to respond. You can choose to see this challenge as a chance for your child to learn and grow.

**OPPORTUNITY**

When children don’t listen, it can be very challenging. But it can also be an opportunity for us. When we try to understand why they aren’t listening, we can help them develop their **Perspective Taking** skills and strengthen our own, too!

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**SKILL-BUILDING STRATEGIES**

1. **TAKE YOUR CHILD’S VIEW**
   - **TRY TO FIGURE OUT** why your child’s not listening. Are they tired? Do they have trouble stopping what they’re doing? Do they feel respected by the way you are asking? Make sure to ask them what they think, and pay close attention to their response. **Children learn to listen to us when we really listen to them.**

2. **SHARE REASONS**
   - **EXPLAIN** your point of view. Listening to children doesn’t mean they are in charge. You set the rule. “I need you to listen. It’s not okay to ignore me or talk back because I want us to respect each other.” Listening can also mean finding solutions together. Try saying, “We can work together to understand each other better and find solutions.”

3. **PROVIDE CHOICES**
   - **SET LIMITS** in the heat of the moment by offering a choice. Start by saying, “I need you to listen to me.” Then you can ask, “Would you like 5 more minutes to finish what you are doing, or would you like to plan something fun to do together after cleanup?”

4. **PROBLEM-SOLVE TOGETHER**
   - **INVITE** your child to problem-solve with you in a calm moment. Ask for their ideas of how each of you can make listening easier. Test out ideas by role-playing, and be sure to switch roles so you can see how they might act as the adult. Go back to the reasons behind their behavior and suggest strategies. For example, if they think you are making too many requests, you can pick one or two things to focus on. Make sure to try their ideas.

5. **SCAFFOLD**
   - **BUILD** on the progress your child makes. Notice when your child’s strategies work. You can have a weekly chat to talk through what’s working and what isn’t. If you haven’t landed on solutions that work for both of you, go back to problem-solving together.

An Opportunity Mindset means choosing to see a challenge as a chance to learn and grow.

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**Perspective Taking** means learning that other people have their own thoughts and feelings. When we try to understand what other people think or feel, we are learning to take their point of view. When children learn to express themselves in respectful ways, they are using **Self-Control** in how they communicate. They are also managing their feelings, which helps them build and keep strong relationships. Source: Mind in the Making

For more information visit: www.mindinthemaking.org