

# February PALS Workshop

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*The 7 Habits of Highly Effective Families*

- Social/Emotional Development
- Educational Development
- Family Literacy Activity

# *The 7 Habits of Highly Effective Families*

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- Habit 1: Be Proactive. Becoming an agent of change in your family
- Habit 2: Begin with the end in mind. Developing a Family Mission Statement
- Habit 3: Put First Things First. Making Family a Priority in a Turbulent World
- Habit 4: Think “Win-Win”
- Habit 5: Seek First to Understand... Then to be Understood

# Profile of the South Carolina Graduate

## World Class Knowledge

- Rigorous standards in language arts and math for career and college readiness
- Multiple languages, science, technology, engineering, mathematics (STEM), arts and social sciences



## World Class Skills

- Creativity and innovation
- Critical thinking and problem solving
- Collaboration and teamwork
- Communication, information, media and technology
- Knowing how to learn

## Life and Career Characteristics

- Integrity
- Self-direction
- Global perspective
- Perseverance
- Work ethic
- Interpersonal skills

Approved by SCASA Superintendent's Roundtable  
and SC Chamber of Commerce

# Profile of the SC Graduate Highlights

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- World Class Knowledge:
  - Rigorous standards in Language Arts for career and college readiness
- World Class Skills:
  - Critical thinking and problem solving
  - Collaboration and Teamwork
  - Communication
- Life and Career Characteristics
  - Self-direction
  - Interpersonal Skills
  - *Empathy*

Habit 5:  
Seek First to Understand...  
Then to be Understood

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*“To learn to seek first to understand and then to be understood opens the floodgates to heart-to-heart family living”.*

*What do you see?*



# Perception Picture

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- This perception picture experience causes many people to be humbled and to be much more respectful, more reverent, and more open to understanding.

*When we seek first to understand we must first  
acknowledge that...*

- “the way we see the world is not necessarily the way other people see the world.”
- “In fact, people do not see the world as it is; they see it as they are- or as they have been conditioned to be.”



“We each look at the world through our own pair of glasses-glasses that come out of our own unique background and conditioning experiences, glasses that create our value system, our expectations, our implicit assumptions about the way the world is and the way it should be.”

“we assume we are seeing the world the way it is. But we’re not. We’re seeing the world as we are-or as we have been conditioned to be. And until we gain the capacity to step out of our own autobiography-to set aside our own glasses and really see the world through the eyes of others-we will never be able to build deep, authentic relationships and have the capacity to influence in positive ways...And that’s what Habit 5 is all about”.

# Seeking to understand *first* because misunderstandings happen:

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“Most of the real pain in families is misunderstanding. Most mistakes with family members are not the result of bad intent. It’s just that we really don’t understand. We don’t see clearly into one another’s hearts.”

- Example:
  - Child disobeys parent by leaving parent’s side and walking around the corner after parent has explained several times not to go around the corner. After receiving a consequence the child says, “What’s a corner?”



“With young children we have to understand where they are coming from, what they are thinking, because they usually don’t have the words to explain it”.

# The importance of understanding our children's ages and stages:

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- We must communicate at their level of awareness otherwise unreasonable expectations happen and everyone becomes frustrated.
- When you want your child to perform a task it's helpful to ask these 3 questions:
  1. Should the child do it? (value question)
  2. Can the child do it?
  3. (competency question)
  4. Does the child want to do it? (motivational question)

# Habit 5: Part 1

## Seek first to Understand...

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- Listen and Understand FIRST
- Remember...people are very tender, very vulnerable inside:
  - Create a loving, nurturing environment in the home-an environment where it is safe to be vulnerable to be open – this is the most important thing you can do for your family.
- Overcome Anger and Offense:
  - “Taking offense is a choice. We may be hurt, but there is a big difference between being hurt and taking offense”.
  - Being hurt is having our feelings wounded, but taking offense is choosing to act on that hurt.
  - Forgive-like love-is a verb. It’s the choice to move from reactivity to proactivity-to go and make reconciliation. And above all it’s the choice to prioritize the family.
- Model vulnerability
- Empathic Listening – Listening from the heart

# Empathic Listening

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“In true listening, we reach behind the words, see through them, to find the person who is being revealed. Listening is a search to find the treasure of the true person as revealed verbally and nonverbally.”

# The Do's and Don'ts: Empathic Listening

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## Don'ts:

- **Evaluating Response:**
  - “Don't worry about it honey”
- **Advising Response:**
  - “Don't worry about what others say or think”
- **Probing Response:**
  - “Tell me what they are saying about you”
- **Interpreting Response:**
  - “What your feeling is normal insecurity”

## Do's:

- **Listen, Reflect and Paraphrase:**
  - “I hear you say you feel \_\_\_\_.”
  - “So you understand...but you also feel \_\_\_\_.”
  - “Is that right?”

# 7 Things to Say to help Your Child Feel Heard

Parent Talk by Chick Moorman

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- 1. “Let me put this down so I can give you my full attention.”**
  - Attend with our bodies and our minds. Turn and face them. Make strong eye contact. Listen with your entire body, not just with your ears.
- 2. “Wait a second while I turn off the television. I really want to hear this.”**
  - Eliminate distractions, Turning off the TV, computer, or radio sends a silent message that your child is more important
- 3. “So what you mean is \_\_\_\_\_.”**
  - Frequently paraphrase, saying back to the other person what they just said, using your words instead of theirs, this demonstrates listening and proves you heard what was said.
- 4. “You feel \_\_\_\_\_ about \_\_\_\_\_.”**
  - Paraphrase feeling and content to show that you are listening.
- 5. “Say some more about that.”**
  - This is an invitation for the child to keep talking. It’s a way of telling her it’s still her turn.
- 6. “In other words, \_\_\_\_\_.”**
  - This is another useful sentence starter with which you can preface a paraphrase.
- 7. “Let me see if I’ve got this right so far.”**
  - Use this parent talk phrase to position a paraphrase that summarizes what the child has said to this point.

# Habit 5: Part 2

## Then Seek to be Understood..

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- First we listen from the heart...then we speak from the heart..
- Sharing the way you see the world
- Giving feedback
- To teach
- The courage to confront with love

*Now that you understand you can speak to others  
in a language they understand.*

# Giving Feedback

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- “Everyone has ‘blind spots’ – areas in their lives that they don’t even see but that need to be changed or improved. So when you really love someone, you need to care enough to confront-but in ways that are filled with positive energy and respect. You need to be able to give feedback...”
- 5 Helpful Keys for Feedback:
1. Always ask yourself, “Will this feedback really be helpful to this person?”
  2. Seek first to understand. Know what’s important to the person and how your feedback will help.
  3. Separate the person from the behavior.
  4. Be especially sensitive and patient regarding blind spots. They are “blind” spots because they’re too sensitive to be admitted into conscious awareness.
  5. Use “I” messages.

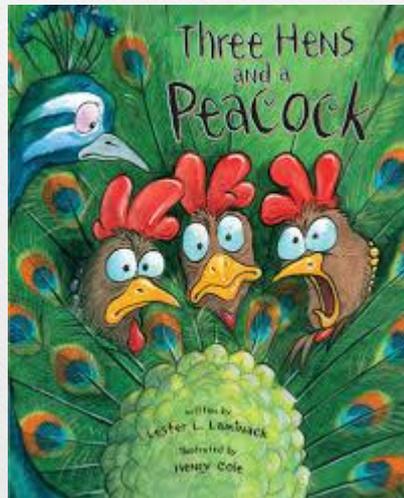


# Activity with your child: Talking Sticks

- <https://www.youtube.com/watch?v=HUxi-Zc45tA>
- Step 1:
  - Pick out your stick and the craft materials you would like to use.
- Step 2:
  - If you are going to paint your stick wait to do this last, attach all other craft materials to your stick and then use the paint around it.
- Step 3:
  - Practice!
  - Use “I feel \_\_\_\_\_ because” statements and paraphrasing “you feel \_\_\_\_\_ because”.

# Encouraging Comprehension

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# What do I ask?

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- Possibilities:
  - What do we know so far?
  - How are the hens feeling about the peacock?
  - How do you know?
  - Was the end different than you thought?
  - How?
  - Were you surprised? If so, what surprised you?

