



Children grow and learn by watching and engaging with others around them



Participating actively involves expressing ideas and views which are valued, respected and listened to by peers and adults



Children of all ages are able to express themselves, however it is up to the adults around them to show that a child's right to speak and be heard is taken seriously



By really listening to children, you show that you really care and respect them and that they are worth listening to

FOR FURTHER INFORMATION

Parentline:

Call 1300 301 300
from 8am-10pm, 7 days a week

Raising Children Network:

The complete Australian resource for parenting newborns to teens
<http://raisingchildren.net.au/>

NAPCAN has a range of relevant resources:

'Listening to babies, children and young people'
'30 ways to boost a child's confidence'
'Use words that help not hurt' and
'The importance of play'
Visit: <http://napcan.org.au/resource-hub/>

NAPCAN Northern Territory

2/7 Fannie Bay Place, Fannie Bay
PO BOX 880, Parap NT 0804
T 08 8942 2254
www.napcan.org.au

WAYS TO SUPPORT AND ENCOURAGE A CHILD'S RIGHT TO SPEAK AND BE HEARD



BABIES AND TODDLERS (0-3)

WAYS TO SHOW CHILDREN THEY ARE BEING HEARD

- Spend time watching and smiling at your baby with lots of eye contact
- Pay attention and respond to your baby or toddler's non-verbal signals, sounds and cries
- Listen to the noises your baby makes and copy them



WAYS TO SUPPORT CHILDREN TO SPEAK, PARTICIPATE AND DECIDE

- Keep talking with them to encourage receptive and expressive language
- Verbally involve them in what you are doing, seeing and hearing and notice their reactions
- Provide opportunities for them to make choices that effect their life eg what toy to play with, which story to read, the adults they feel most comfortable with



PRE-SCHOOL AGED CHILDREN (3-5)

- Really pay attention to what your child is saying
- Show you are listening by mirroring, smiling or nodding
- Spend time with your child while doing something active (puzzle, walking, eating), listen and ask open questions



- Respect and be interested in their ideas and interests
- Ask about their day, their challenges and successes and let them know you are there for them
- Provide opportunities for them to make choices that effect their life eg what they wear, how to use everyday items for imaginary play, what to eat



PRIMARY SCHOOL AGED CHILDREN (5-12)

- Ask about their day, friends, interests, opinions and how they would solve problems
- Try not to interrupt, rush or take over the discussion, be encouraging
- Create opportunities for children or young people to gain a sense of their own capabilities and empowerment through leading



- Encourage discussions and problem solving where their views and opinions are invited and respected
- Be interested in their ideas and interests, even if you don't agree
- Provide opportunities for them to make choices that effect their life eg which sport/instrument to play, how to be creative, who to play with



→ With all children and young people consider how technology can impact your relationship both positively and negatively