



Values @ home

This March we are thinking about **understanding**. This value involves learning to listen and also becoming more aware of the world around us. This is a value which is particularly difficult for young children as we all begin by recognising only our own needs and emotions. It is only as we get older we begin to understand and recognise the feelings of others - however there is lots we can do to help this process along!

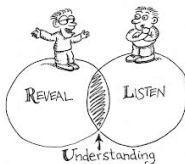
In school we will be talking about people who are different to ourselves and also helping children to understand and appreciate that others may have different needs and encouraging them to think how they can respond to these.

Practising Listening

It is incredibly hard to actually listen properly to someone. So often we are also watching TV, making dinner, driving or texting while trying to listen at the same time. However, some of the most valuable time we can give our children and each other is to spend time actually listening properly - and it takes practise. It makes the person talking feel valued, special, supported and **understood**.

This month try putting aside some time to really listen using these tips:

- Don't interrupt
- Give eye contact
- Remove distractions
- Ask questions



It's not just important for children either!

Be a Buddy!

One of the most important jobs of the Oatlands buddies in the playground is to help children to **understand** how others are feeling. During their training they think about what they might do in different situations. Talk to your child about what they would say to these children to help them understand how others feel?

1. Some children won't let another child join in their game because they say there are too many people already.
2. A child is upset because when she plays football no-one passes to her.



March 2025 - Understanding

