

"When you listen to a child"

(Based on the Disaster Prevention Manual by the Hyogo Prefectural Board of Education)

1. When you listen to a child,
learn from them.
Listen attentively and tune into them.
Learn from them about their world.
The door to their world only opens from the
inside to the adults they trust.
2. When you listen to a child,
listen carefully, taking time, in a relaxed
manner.
When a child finally gets around to telling, the
time is often up.
It's painful to tell the story halfway through.
Their pains and words need time to get out.
The time you are waiting is the time you are
listening.
3. When you listen to a child,
give them a sign that you are listening.
Give them warm responses and give them
nods, repeating what they said.
An anxious child is reassured when they
receive these signs you are listening.
The child feels happy that they've made
themselves understood.
4. When you listen to a child,
don't stop them in the middle of their story.
Don't judge. Don't sum up for them.
Don't talk. Just listen.
When adults open their mouths, children
close theirs.
If you want to know about a child, open your
ears.
5. When you listen to a child,
look at the signs in their eyes.
Children usually cannot look adults in the eye
when they talk.
Still, when a child wants you to understand,
they signal with their eyes.
Watch for the signal and don't miss it.
6. When you listen to a child,
be on the same eye level.
Being looked down on from above, everyone
stiffens up.
So, kneel at their eye level when you listen to a
child.
Children feel safe, and it's easy for them to
talk.
7. When you answer a child,
keep your voice in the same tone.
Loud or high-pitched voices carry the adult's
irritation.
Children may not know the meaning of words,
but they know feelings from the voice of
adults.
Children's words are becoming more difficult
to come out.
8. When you listen to an anxious child,
feel their emotions.
Your "how come?" and "why?" sometimes
make them feel accused.
Just say to them, "I know you feel anxious."
"You're worried, aren't you?"
Work with a child to figure out the answer.
9. When you listen to an anxious child,
try not to determine the cause right away.
"It's because of the earthquake." "It comes from
the personality."
They are not the answer.
The world around a child is not simple, nor is
the child's mind.
Have a broad vision.
10. When you listen to an anxious child,
believe in the child's strength.
Listen to them attentively, support them
thoroughly, and give them open-minded
guidance.
In the end, however, the child will figure it out
on their own.
A child, whom an adult believes in, can
overcome their problem and will be all right.