

## **Importance of Listening**

Our recent Communication Time conversations have revolved around the importance of listening. The very first step toward understanding and getting along with others - whether we share a great many things in common or whether we differ in ethnicity/religion/political views/gender/age/etc, whether we agree with their points of view or not - is to hear them. Active listening skills are also vital in strengthening our understanding of and relationships with our own children, and they are important skills to model for them, as well. Parents interested in learning more about active listening can find more information [here](#).

*The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.*

[shs.westportps.org/departments/guidance/staples-resilience-project](https://shs.westportps.org/departments/guidance/staples-resilience-project)