



Habit 5: Seek First to Understand, Then to Be Understood

Communication isn't just about speaking effectively, it's also about listening effectively. Some may argue that listening is the most important communication skill of all. And listening doesn't just happen with your ears! According to Stephen Covey, "70-80 percent of all communication is nonverbal" (*The 7 Habits of Highly Effective Families*). Our children, even at a young age, can pick up on body language and tone to learn to be an empathetic listener.

Parents at our February PTA meeting practiced using "the talking stick" to get a feel for what Lindbergh students have been learning about taking turns and actively listening to one another. Once the speaker is decided, the speaker holds the talking stick and has the opportunity to explain his/her issue to the listener. The listener then rephrases what the speaker has said, until the speaker feels understood and respected. This is an easy exercise you can practice at home around the dinner table with your child!

March is Reading Month

"Readers are Leaders!" There are a lot of ways you can encourage your child to read. Take turns sharing your favorite books together. Here are some suggestions from Dr. John and Jane Covey:

Habits 1-7

The 7 Habits of Happy Kids by Sean Covey

Habit 1: Be Proactive

The Very Lonely Firefly by Eric Carle

The Carrot Seed by Ruth Krauss

Habit 2: Begin with the End in Mind

Click, Clack, Cows that Moo by Doreen Cronin

Pancakes, Pancakes by Eric Carle

Habit 3: Put First Things First

Froggy Gets Dressed by Jonathan London

Jamaica's Find by Juanita Havill

Habit 4: Think Win-Win

The Very Clumsy Click Beetle by Eric Carle

Let's Be Enemies by Janice May Udry

Habit 5: Seek First to Understand Then to Be Understood

The True Story of the Three Little Pigs by Jon Scieszka

Are You My Mother? by P.D. Eastman

Habit 6: Synergize

Ox-Cart Man by Donald Hall

Clifford's Spring Clean-Up by Norman Bridwell

Habit 7: Sharpen the Saw

Owl Moon by Jane Yolen

Henry Hikes to Fitchburg by D. B. Johnson

LEADERSHIP DAY!

**FRIDAY, MARCH 22ND
9AM ~ 11:30AM**

We would love to show you what our Lindbergh Leaders have been doing this year. Parents are welcome to join us that morning for tours, displays and presentations about the *Leader In Me* program. It's a great way to see all the positive impacts of our 7 Habits.

Parents must register to attend. Ask your child's teacher for the link

Family Communication Board

Did you know there's a bulletin board just outside the Lindbergh office with lots of great information about the *Leader In Me* program? Check it out the next time you're passing through. You can also access all our past parent newsletters on the Lindbergh website under *PBIS & Leader In Me*.