"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;" James 1:19

Since the pandemic first started, I, like many others, have been part of many virtual meetings and conversations. One thing that I find interesting about some virtual meetings is that as part of the chat function, there is often an icon of a hand or something similar that can be used to indicate a desire to speak. I have frequently wondered if the person who thought to add this was a teacher!

We have all partaken in conversations/meetings, in our professional or daily lives, where people have a difficult time waiting for their turn to talk. For whatever reason, they interrupt a speaker, talk over a speaker, or just have to make sure that they have the final word in any conversation. Needless to say, it can be very difficult to accomplish things or share different ideas with someone like this. When you can't get a word in edgewise, it makes it very hard to stay involved in the conversation or even feel as though your words matter.

Ensuring that children feel respected and that they know that everyone's ideas have merit is part of some of the social-emotional teaching that occurs in preschool. This often begins with teaching children how to raise their hand as a signal that they have something to share. For little ones, this is often one of their first introductions to realizing that there are other little people like them who have ideas and questions too. Learning to listen to others' ideas helps our preschoolers begin to develop a number of social-emotional skills, including patience, respect, and perspective-taking. Waiting, particularly when they are very excited to share ideas, can be very hard for young children. As with social-emotional skills, preschool also offers children countless opportunities to practice self-regulation and attending, not only in play but in their conversations as well. Success in learning is largely dependent of how well we are able to listen to others and absorb their message.

Sometimes I think that maybe we would have more tolerance, more collaboration, more understanding, and more positivity in our world, if we all had had an early opportunity to practice listening to each other. Maybe we would find more mutual respect and less judgement if the ability to listen to others was nurtured in everyone like it is in preschool.

May we continue to look to God to assist us in moments when we are not patient or respectful in our daily listening. Let us continue to ask God to help us be good models of listening. Even when waiting to share our ideas in a conversation seems impossible, God will always be there to help and guide us!

To learn more about becoming part of our incredible preschool family and the opportunities we provide, please visit our website at www.preschoolatstfrancis.com or contact Shelley Freeman at: shelley.freeman@stfrancisraleigh.org.

With Joy,

Heidi Hobler, Director

St. Francis of Assisi Preschool