



THE PARENT LINE

A NEWSLETTER FOR PARENTS



(808) 452-1832



@THEPARENTLINE



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When Kids Don't Listen And Why It's Not Your Fault

If you've ever asked your child to do something and felt completely ignored, you're not alone. When kids don't listen, it can be frustrating, exhausting, and sometimes even make us question ourselves as parents.

But here's something important to remember: when kids don't listen, there's always a reason, and it's almost never because they're being "bad" or because you're doing something wrong.

Kids Aren't Ignoring You on Purpose

Children are still learning how to manage their emotions, bodies, and attention, especially when they're young. What looks like "not listening" is often a sign that something else is going on. They may be tired, hungry, overwhelmed, or overstimulated, making it harder for them to slow down and respond. Sometimes kids don't fully understand what's being asked, especially if instructions are rushed or involve multiple steps. And often, their attention is simply focused on something that feels more engaging in the moment, not because they don't care, but because their brains are fully absorbed.

What It's Not About

Let's clear this up: kids don't struggle to listen because they're "bad kids." And it's definitely not because they have bad parents.

Parenting is hard work, and no one gets it right all the time. A child having a hard moment doesn't mean you're failing; it means they're still learning, and so are we.

Responding With Connection Instead of Frustration

When kids don't listen, taking a pause can make a big difference. Try asking yourself:

- Are they tired or hungry?
- Do they need help understanding what I'm asking?
- Is this a moment where connection needs to come before correction?

Getting down to their level, using calm and simple words, or offering a short break can help reset the moment. Sometimes, even just acknowledging how they're feeling, "I see you're really into that right now," can help them shift.

Listening Is a Skill That Grows Over Time

Kids aren't born knowing how to listen—and let's be honest, adults don't always get it right either. Listening takes time, patience, and lots of practice. When we respond with empathy instead of frustration, we build trust and strengthen our connection. When kids don't listen, it's not a failure—it's a gentle reminder to slow down and lead with care.



Follow & Freeze 🎧✨

FEBRUARY 2026

How to Play

1. Say: "Let's practice listening with our bodies."
2. Give one simple direction at a time:
 - "Clap your hands."
 - "Touch your head."
 - "Jump once."
3. After each action, say "Freeze!" and pause for a few seconds.
4. Repeat with different movements.

Make It Easier or Harder

- Younger kids: Use actions they already know and go slowly.
- Older kids: Add two steps, like "Clap twice, then freeze."



Why It Works

- Builds listening skills in a fun way.
- Helps kids slow their bodies.
- Easy to do anywhere.

Gentle Reminder for Grown-Ups 🌟

If a child doesn't follow right away, that's okay.

Pause, repeat calmly, or show them once.

Listening takes practice.

'Ohana Safety Tip

Emotional safety starts with connection. When children feel heard, respected, and supported, they're more able to express their feelings and ask for help.

This month, practice slowing down, listening without interrupting, and validating your child's emotions, even when it's hard.

Creating a safe space for big feelings helps children feel secure, build trust, and develop healthy ways to cope.

SAFE

Books We Love This Month

Quiet Please, Owen McPhee

By: Trudy Ludwig



Listening is My Superpower

By: Alicia Ortego

Strega Nona

By: Tomie dePaola

Workshop Dates

Lactation Basics

Monday, Feb 2, 2026: 4:30PM-5:30PM

Friday, Feb 20, 2026: 11:00AM-12:30PM

Safe Sleep Workshop - 4:30PM-5:30PM

Monday, Feb 9, 2026

Monday, Feb 23, 2026

Piko Pals Parent Lounge - 4:30PM-5:30PM

Tuesday, Feb 3, 2026

Tuesday, Feb 10, 2026

Tuesday, Feb 17, 2026

Tuesday, Feb 24, 2026



Community Partner Spotlight

Family Hui Hawai'i is a nonprofit focused on supporting families through parenting groups, playdates, workshops, and community events.

Their programs are designed to help families build strong relationships, find support from other parents, and grow in confidence as they raise their keiki from prenatal through age five.

Family Hui emphasizes connection, shared learning, and community support, reflecting the Hawaiian value that it takes a village to raise a child ... and a hui to raise a parent.



FamilyHui
HAWAII

Website: www.familyhuihawaii.org

For details on how to sign up, please visit our social media platforms or contact us by phone.