



Dear Parents and Caregivers,

We are learning about **Habit 5: Seek First to Understand, Then to Be Understood.**

Seek First to Understand, Then to Be Understood means that it is better to listen first and talk second. This habit is best approached by introducing listening as a skill—something that should be practiced. Simply put, we have two ears and one mouth, and should use them accordingly.

Suggested titles for young children that reinforce **Habit 5:**

- ***The Runaway Bunny*** by Margaret Wise Brown
- ***Stellaluna*** by Janell Cannon

Expect your child to use words and phrases like “listening first,” “listening with your ears, eyes, and heart,” and “seeking first to understand” in his/her conversations this week. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about **Seek First to Understand, Then to Be Understood.**

Check out the “Parent’s Place” at [www.TheLeaderInMe.org](http://www.TheLeaderInMe.org) for fun ways to bring the habits home.