

Little Ears Are Always Listening

Children learn from everything they hear and see. When adults talk about certain topics in front of kids, it can cause confusion, anxiety, or feelings of being unsafe. Setting healthy boundaries protects both children and adults.

Unsafe Topics for Little Listeners

- Adult Arguments
 - Financial stress
- Gossip about others
 - Adult relationships
 - Intimacy issues
- Criticism of teachers
- Criticism of family members
- Criticism of other children
 - Medical concerns



What Can Adults Do?

- ***Pause before speaking:***

Ask yourself, 'Would I want my child to carry this worry?'

- ***Find private spaces:***

Save adult conversations for after bedtime or away from little ears.

- ***Model respect:***

When you respect boundaries, kids learn to set and respect their own.

- ***Use kid-friendly language:***

Share only what helps children feel safe, loved, and cared for.

- ***Acknowledge and apologize:***

If you say too much, apologize and reassure them everything is okay. It's important to show that mistakes happen and can be corrected.