

Why does your child interrupt when you are speaking?

Does your child have difficulty waiting to speak when you are having a conversation with a friend or on the phone?

Do you feel that you've tried everything to help them understand that it looks as if they're being rude but they do it anyway?

Let's face it it's embarrassing when it happens in front of friends and relatives as we can feel that we're being judged.

Many of our parents say that this is one of the most embarrassing things that their child does and if it happens every time you have a conversation or when you're on the phone it can become a bit of a battle within the family.

It seems as if they are just seeking attention or being rude but there could be another simple reason.

When your child wants to tell you something and you make them wait what happens when your conversation is over and you ask your child to tell you what they wanted to say?

Their reply will often be

"I can't remember now. It's gone".

This is frustrating for them as it may have been something important and they feel that no-one ever listens to them.

When I explain this scenario in our clinic children often laugh and nod their head. They then look at their parents as if to say "That's exactly how I feel".

Truth is, your child may not be able to hold on to the thought that they have spent a few minutes thinking about. When they try to speak they may be so concentrated on not forgetting what they are going to say that they blurt it out without realising that you're already talking. We shh them, they forget what they were going to say and frustration builds. They may try a number of times before giving up by which stage your frustration levels are rising.

So what can you do to help your child and reduce frustration for everyone?

Try this tip...

When you are talking and your child interrupts you; say...

"Give me one word"

In other words if your child wants to tell you something about say, their teacher, Mrs Dempsey, they would say..

“Mrs Dempsey”. They then have to agree to say nothing more!!!

You then say, “I’ll come back to you about Mrs Dempsey” and continue your conversation.

Once you’ve finished your conversation, go back to your child and say

“You were going to tell me something about Mrs Dempsey”.

This gives your child the chance of remembering what they were going to say, they feel valued and respected within the family.

It enables them to respect your space too and your friends will be very impressed at how well you work together.

It’s not always going to be possible to implement this tip but the feedback is that when you can use it the result is very positive.

If you would like more information please contact us.