

The Need for Quiet

“If I could just have some peace and quiet” is a constant refrain or a heartfelt silent wish that many parents have in the midst of a day filled with activity and noise. Believe it or not, it is also a very real need for your child. Time away from all the texting, the devices, the music, and the practice fields gives children the needed time and space to rest.

Providing some silent time in your home, while sometimes difficult to do, is good for the part of the brain that is the source of creativity and empathy. Being comfortable with stillness and silence is the foundation for a life of prayer. There is a reason we connect quiet with peace. It is where God speaks. It does take some practice, as multitasking seems a way of survival for most parents these days.

Small steps will lead to big strides. Stop what you are doing (easier said than done) and look at your child while she describes her day. Or sit next to your child or spouse and make eye contact as he or she speaks. Giving your child full attention is a great way to model listening. And it provides a smooth transition to quiet time, as does reading. Give your children the skills to listen for the voice of God.