

Talking without argumenting is possible!



Communicate with your child by trying to understand what he feels?

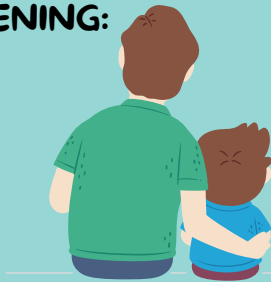


Try active listening!

ACTIVE LISTENING is a respectful and empathetic communication technique. It aims to listen to your child with kindness by trying to understand what your child is feeling and trying to grasp his message.

BENEFITS OF ACTIVE LISTENING:

- Improves communication
- Stimulates collaboration
- Helps resolve conflicts
- Promotes empathy
- Build trust
- Allows you to bond with your child



ACTIVE LISTENING allows to your child:

- to say more, to deepen,
- to better develop their thinking
- to reduce their fear of unpleasant feelings.

Here are some tips for communicating more calmly at home:

BE PRESENT...

1. Get down to your child's level. Try to listen to him carefully before trying to console him. Ex: "I see that you are in pain, would you like to talk about it with me?"

2. Welcome and identify your child's emotions with neutrality, without making judgments, eg: "I see that you are angry".

3. Rephrase in your own words, return the message to your child for verification, ask open-ended questions and ask for clarification if in doubt.

4. An open attitude with your child will invite him to put his experience into words and will help him to clarify the situation as well as his emotions. Rather than using "Why are you crying?" or "Why are you sad?" you can ask "What happened?" or "How do you feel?"

5. Let your child lead the conversation and trust their thinking skills to find their own solutions.

REMEMBER.. The whole family can benefit from active listening! It can be beneficial for all members of your family as part of your daily activities (e.g. meals, returning from school, homework time, etc.).



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