TIP #1: Normalising it can be REALLY hard to listen!

Before we get stuck into the helpful tips, let's normalise that listening can be tricky for all of us, children and grown-ups!

Life is incredibly busy and listening takes time. Try not to be too hard on yourself. Choose 1 strategy and begin with implementing that to make it manageable and not too overwhelming!

SERVICES WE RECOMMEND:

YOUNGMiNDS
fighting for young people's mental health

You can call their Parent Helpline for free on 0808 802 5544, Monday to Friday, from 9.30am to 4pm.

NSPCC

Search: NSPCC Support for Parents

Action for Children

Parent Talk offers free, down-to-earth advice for parents of children aged 0-19 online across the UK.

Exciting Teacher offers Mental Health and Wellbeing resources for children aged 4-11. Over 500+ loved globally by Parents, Carers, Teachers and Professionals.

The Exciting Teacher

@excitingteacher

SUPPORT YOUR CHILD TO FEEL HEARD

5 Top Tips for Parents & Carers to Encourage a Child's Voice!

The Exciting Teacher

TIP #2:

Validate Feelings:

" I can see that you are feeling
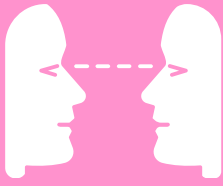
insert identified feeling ,

how can I help? "

TIP #3:

Ways to use my body to show I am listening:

nodding

eye contact

facing my body towards them

signal & encourage praise

TIP #4:

Things I can do to show I am listening:

repeat

Repeat what your child has told you to check for understanding.
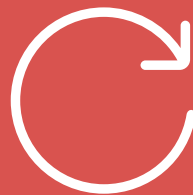
clarify

Ask for clarification if you are not understanding what they are trying to say.

open-ended questions

Ask open-ended over closed questions to encourage discussion and to show interest.

summarise

Summarise at the end of the conversation what has been discussed so your child feels listened to.

TIP #5:

Things I can say to show I am listening:

That makes me wonder about...

I can see that...

Could you tell me more about...

I agree/disagree with you because...

I noticed that...

This reminds me of... do you agree?

What do you mean by...

summarise, Have I understood this correctly?

What I heard you say was...

I understand. It must be really tricky!