

ACTIVE & REFLECTIVE LISTENING

HOW TO PRACTICE ACTIVE LISTENING

1

SLOW DOWN, SHOW UP & LISTEN INTENTLY

This won't happen perfectly all the time. Do your best to approach your interactions with your child with as much presence as you possibly can.

REFRAIN FROM INTERRUPTING

Notice how often you interrupt your child. Remember, their brains move slower than ours. Allow space for your child to process their thoughts, memories and desires.

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REFRAIN FROM LABELS & JUDGEMENT

Can you listen to your child as they tell a story, ask a question or share a thought without labelling them? Labels are rarely useful in growing a strong connection with our kids.

REFRAIN FROM COMPARISON

Notice when you fall into the 'comparison' trap. Can you show up and unconditionally accept and see your child, just as they are? Drop comparison.

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HOW TO PRACTICE REFLECTIVE LISTENING

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REPEAT BACK

Repeat back what your child said to let them know you have heard them.

REFLECT BACK THE HIGHLIGHTS

If your child shares a long, expansive story, simply reflect the highlights of what you heard. The goal is to let our children know that they are seen, heard and appreciated.

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STATE YOUR INTENTION WITH OLDER KIDS

If you have older kids who are not used to hearing you reflect back what they shared, let them know you are working on hearing what they are saying more accurately.