



# LISTEN, UNDERSTAND AND ACCEPT



## WHAT is listening

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Listening is when you give your child your FULL attention and when they talk to you, ask for advice, request something or is upset. When you respond in a conscious and thoughtful way.



## WHY is it important to listen

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It will strengthen your bond. When you actively listen you show them that what they are saying is important to you, that they have a voice and that their opinion or side of the story matters. Which will build your child's confidence, develop their trust, and will also help your child build stronger bonds with you. Furthermore, you become a role model of listening that will help them to become functional adults.



## HOW does it work

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When your child comes to you with a request or big words STOP & BREATHE and use the awareness breath:

STOP what you are about to say.  
STOP what you are about to do and  
TAKE a deep breath

Then simply just use the I listen – I understand – I accept tool:

I can HEAR what you are saying, that you are upset.

I UNDERSTAND that you are upset because XX. And it is okay to feel that way. (When you repeat back what the child is saying you show them that you hear them and that you got it – sometimes all our child wants is to be heard.)

STOP there don't say or do anything more right now. For now, listening might just be the right answer.

You can now try to translate their words:

Often children don't have the maturity to say what they really feel so help them:

- > So what you are saying is that you don't like me right now (>< I hate you)
- > So what you are saying is that you are upset at your sister (>< I want to hit her)
- > So what you are saying is that you find the situation confusing (>< I want to stay with daddy – I don't like it with you)

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*'Listening, understanding, accepting is not the same as agreeing and resigning yourself to the situation'*