



DEVELOPING YOUR LISTENING SKILLS



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS

**CREATE
A SAFE
SPACE**

01

**VALIDATE
THEIR EMOTIONS**

02

**ADOPT
A LISTENING
POSTURE**

03

Here are 5 tips to get you started with practicing empathetic listening with your child

04

**LOOK FOR
SOLUTIONS
TOGETHER**

05

**PRACTICE
REGULARLY**





LOOK FOR SOLUTIONS TOGETHER

In case of conflict or difficulty, do not focus solely on the problem. Listen to your child's perspective, validate their emotions, and then look for acceptable solutions together for everyone.





01

CREATE A SAFE SPACE

Choose a quiet and distraction-free place to have meaningful conversations with your child. Show them through your posture and attitude that you are fully present and available to listen to them.



ADOPT A LISTENING POSTURE

Get down to your child's level to establish eye contact. Avoid interrupting and let them express themselves freely. Your non-verbal attitude (eye contact, nodding, etc.) shows your engagement.

03



02

VALIDATE THEIR EMOTIONS

Welcome your child's emotions with kindness, without judgment. Rephrase what they feel to show them that you understand what they are experiencing. For example: "I see that you are feeling very angry."



PRACTICE REGULARLY

Empathic listening is a skill that improves with practice. Take advantage of everyday moments (meals, games, trips...) to have deep conversations and practice active listening. With patience and kindness, you will create a relationship of trust and mutual respect with your child.

05



Positive Discipline -
Active Listening



Understood - "Active
Listening Strategies for
Parents"



Mindful - The Art of
Empathetic Listening



Edutopia - "Empathy: A
Skill for Life"



*Center for Parent and
Teen Communication*



A circular icon with a blue background and a yellow 'X' symbol, used for closing a window or dialog box.

EDUTOPIA - "EMPATHY: A SKILL FOR LIFE "

This website provides resources and strategies for parents to improve communication and strengthen relationships with their teenage children. It includes information on active listening and empathy.





POSITIVE DISCIPLINE - ACTIVE LISTENING

This article explains the importance of developing listening skills in children and how it fosters empathy. It provides practical advice for parents and educators.





UNDERSTOOD - "ACTIVE LISTENING STRATEGIES FOR PARENTS"

This article presents the principles of active listening and how to apply them with children to improve communication and strengthen family bonds.





MINDFUL - THE ART OF EMPATHETIC LISTENING

This article discusses the importance of empathy in education and how to cultivate it in children. It includes tips for parents on modeling and teaching empathy.





CENTER FOR PARENT AND TEEN COMMUNICATION

This website provides resources and strategies for parents to improve communication and strengthen relationships with their teenage children. It includes information on active listening and empathy.

