

Phrases To Show That You Are Actively Listening to Your Child.

Goal . . .	Through . . .	By asking or saying . . .
To encourage	Choosing neutral words, varying intonation, encouraging the other person to keep talking	Can you tell me more? What else can you remember? What a good idea! You thought of a different way to...
To clarify	Asking for clarification, more or different information	Are you saying that...? What else can you tell me about...?
To restate	Showing that you are listening and understand what is being said	I thought I heard you say... So, you need to know why I am asking you to share? This is a tough one. We may need to think about it.
To reflect	Showing understanding of the other's feelings and body language	This is really important to you. You seem worried about this. How proud you must feel!
To summarize	Reviewing the conversation, deciding what to do next	So it is about... Let me make sure that I understand what you mean...
To validate	Acknowledging and appreciating the issues, effort and feelings discussed	I know how hard you have worked to help me to understand. Thank you for staying calm while you helped me learn why you were so confused. You really have some good ideas.
To build	Continuing the discussion, asking questions or offering ideas	What would happen if we...? Have you thought about...? What else could we try?