



# How to talk with your child and let them know you're listening

How you can show that whatever your child wants to share, you're ready to listen and ready to help. Sometimes talking and listening happens best when you're not facing each other. Try going for a walk, baking, colouring or talking whilst in the car. Find what works for you.

## Show you care to help them **OPEN** up.

- Set aside time to go through/talk about the resources with your child on a regular basis
- Give them your full attention and keep body language open.
- Be understanding and reassure them their feelings are important.
- Use phrases like: "I can see why this is bothering you" or "This could make a real difference. Are you willing to give it a try?"



## Take your time. **SLOW** down.

- Respect pauses – don't interrupt them. Let them ask questions.
- Recognise and respond to their body language.
- Remember it may take several conversations for them to share what's happening with them or for them to listen fully to what you are trying to do to help.
- Revisit helpful resources at regular intervals



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### Show you understand. Check they understand. **REFLECT BACK.**

- Make it clear you're interested in what they are telling you.
- Make it clear you really want to help them.
- Reflect back what they've said to check your understanding.
- Once you have gone through some of the helpful resources check what your child understands and go over anything that they need to.



#### Extra resources:

How To Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine  
<https://www.youtube.com/watch?v=iU7Z6v128CI>  
<https://www.relate.org.uk/.../parenting-teenagers/communicating-teens>

### Helping Children Overcome their Health Concerns

- Encourage children to face their problems and understand they can make changes.
- Take a step-by-step approach to overcome the problems gradually.
- Reward children for each small step they take.
- Make sure your child feels supported to “have a go”.
- Ensure you work with them regularly to help and support.



### Praise and Rewards

- Make praise clear and specific.
- Include rewards for various steps your child achieves.
- Agree the reward with your child.
- Try to give the reward immediately or soon after the achievement.
- Link small rewards to small steps and bigger rewards to bigger steps.

