

ACTIVE LISTENING

This powerful communication tool helps you better understand and show you care about your child's view. Working together (instead of against each other) in problem solving, decreases conflict and improves your relationships.



Listen (without interrupting) while youth is speaking.

Fully attend to their words and body language. (Avoid getting lost in your own thoughts)

Repeat back what you hear. Summarize their message.

Watch youth's body language for cues on how they are feeling.



Ask open questions to encourage youth to share more.



Ask what youth needs from you.



**BUILDING NEW SKILLS
TAKES WORK!**

HOME PRACTICE THIS WEEK: