



## Using Active Listening and “I” Statements

When you use active listening, you open up the possibility of learning, teaching and problem solving.

### Active Listening...

- Builds a strong parent-child connection
- Helps children understand the messages behind words
- Opens the door for problem solving
- Encourages your child’s ability to express and recognize feelings
- Shows understand and empathy

### Making “I” statements

- **Describe your child’s behavior**, “I see you dumped all of your crayons on the floor.”
- **Express how the behavior makes you feel**, “When I give you time to finish your drawing and then ask you to come to dinner and instead you keep coloring, I get very frustrated.”
- **Place blame on the behavior, not your child.** For example, “When you yell very loudly, it scares me.”
- **Are non-judgmental** (don’t use negative labels)
- **Decrease tension** by modeling a calm reaction and recognizing how your child is feeling.