

Helping your child feel heard and understood: Practicing validation

Validation is a useful technique that can help your child feel heard and understood. It shows your child that you support and accept their feelings without judgement, and you accept what they are feeling, even if the situation is not something you understand.

It is important to recognize the difference between your child's emotions and their behavioural choices. It is okay for your child to feel angry, but it is NOT okay for them to hit people or throw things.

1

Listen

When your child approaches you, give them your full attention. Give your child eye contact and use a vocal tone and relaxed body posture that conveys you are listening without judgement.



2

Normalize their experience

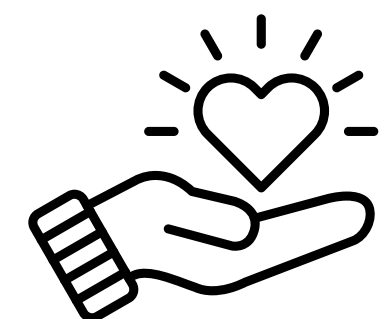
With your words, acknowledge that your child's reaction makes sense, given their situation. Don't minimize what they are going through, even if you think your child's reaction is over the top.



3

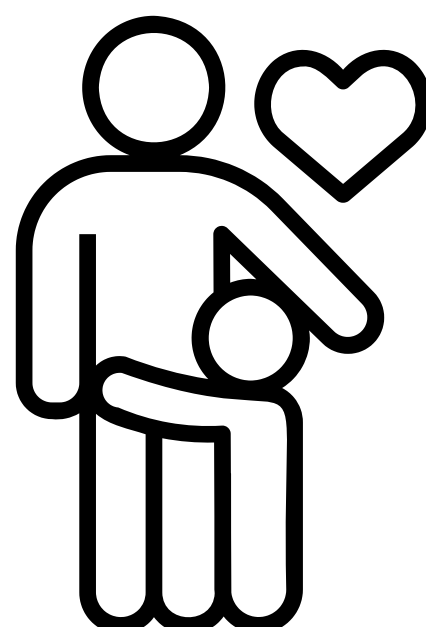
Be genuine in your attempt to understand

Honour and respect their feelings by showing that you are attempting to understand the best way that you can.



Examples of validating statements:

"That makes sense that you feel that way."



"I would be frustrated about that, too."