



## HELPFUL LISTENING TIPS FOR TALKING TO KIDS ABOUT SENSITIVE TOPICS

- ♥ Use appropriate body language to convey interest:
  - Eye contact
  - Leaning forward
  - Smile and acknowledge
  
- ♥ Summarize, paraphrase and restate.
  
- ♥ Be relaxed to put others at ease.
  
- ♥ Control emotions; do not act surprised or shocked.
  
- ♥ Don't condemn, embarrass, or put self above the other person.
  
- ♥ For quality in response show quality in listening.
  
- ♥ Do not moralize, preach or judge if you want communication to stay open.
  
- ♥ Pick your time—look for the teachable moment.
  
- ♥ Listen for the feelings being expressed and give them a name.
  
- ♥ Ask how one feels about what they are saying.
  
- ♥ Do more listening than talking.