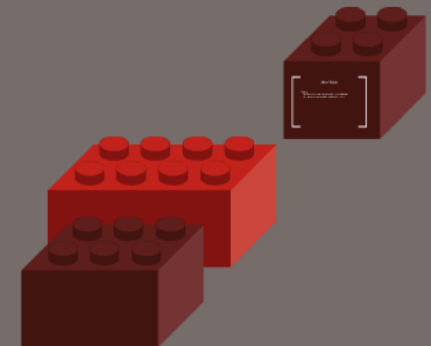
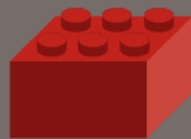
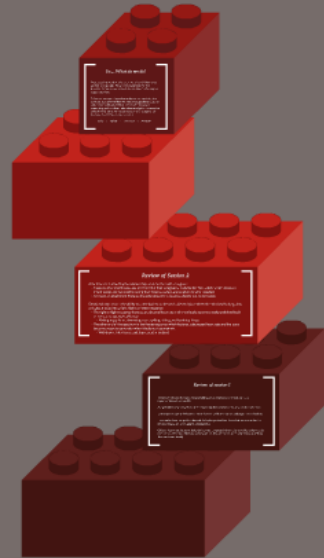


Empathic Listening



Empathic Listening

Review of session 1

Disruptive behavior like tantrums and yelling are an expression of emotions not a representation of personality.

Many children have not yet mastered expressing their emotions the way a mature adult can.

Engaging in disruptive behavior is a way that many children process and express their feelings.

Their bodies have not yet fully formed the higher parts of their brain that are responsible for emotion regulation and logical future planning.

Children learn that disruptive behavior is a way to express their emotions and have their needs met such as attention, affection, and rewards (i.e. toys, ice cream, or to avoid doing something they don't want to do).

Review of Session 2

Attachment is formed by the relationships an infant has with caregivers.

- A secure attachment reassures an infant that their caregiver is available for their safety, which allows an infant to explore the world knowing that there is a safe place to return to when needed.
- An insecure attachment features characteristics of anxiousness, disinterest, or confusion.

Emotional regulation is the ability to come back to a calm and collected place when the mind and body go into or is about to go into a fight, flight, or freeze response.

- The fight or flight response features an elevated heart rate and when body becomes ready to defend itself or run due to a perceived danger.
 - Making angry faces, slamming doors, yelling, hitting, and breaking things.
- The other end of the spectrum is the freeze response which features a decreased heart rate and the body becomes ready to surrender when it believes it cannot win.
 - Withdrawn, I don't care, sad, depressed, or isolated

So.... What do we do?

We accept that we do not have control of our children, they are their own people. We are not responsible for their behavior, but we are accountable to ourselves for the way we respond to them.

When we take care of ourselves and practice remaining in a centered state of mind then we have the capacity to relate to and connect with our children. We model this way of responding and help them calm down and get into a receptive state of mind. Once we are connected then a caregiver can motivate the child to change behaviors.

Relax > Relate > Connect > Motivate

Review of Session 2

An infant has with caregivers that their caregiver is available for their safety, which allows an infant to explore their environment. If there is a safe place to return to when needed, the infant can explore without the risk of anxiety, distress, or confusion.

When a child is in a state of distress, they move back to a calm and collected place when the mind and body go into a state of hyperarousal. This is a response to a state of elevated heart rate and when the body becomes ready to defend itself.

When a child is in a state of hyperarousal, they are yelling, hitting, and breaking things. This is a response which features a decreased heart rate and the body becomes ready to defend itself.

Review of session 1

Disruptive behavior for toddlers and young children is an expression of emotions that are not yet fully developed.

Many children have not yet mastered expressing their emotions. The way a child expresses their emotions is often a result of their developmental stage.

Engaging in disruptive behavior is a way that many children process and express their feelings.

They have not yet fully formed the higher parts of their brain that are responsible for emotion regulation and logical future planning.

Children learn that disruptive behavior is a way to express their emotions and have their needs met. This is often a result of their developmental stage and the way they are being treated.

Purpose of Empathetic Listening

For the child:

- To know you are listening to them and that you care about them.
- To know you are listening to them and that you are trying to understand them.
- To help you understand that you accept their feelings. They will stop trying to get your attention and start to explore other options.
- To help you understand that you accept their feelings. They will stop trying to get your attention and start to explore other options. This is very therapeutic.
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What is Empathetic Listening?

- It is listening to the child's feelings and trying to understand them.
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Take Care of Yourself

- Relax
 - What do you like to do that relieves stress?
 - Hobbies, conversations, activities
 - Make a commitment to yourself!
 - When you take care of yourself, your child learns how to take care of themselves.
- Exercise and meditation
 - Don't have to be a weekend warrior
 - Cleans the mind
 - Detoxifies the body
 - Releases serotonin

Questions

How do I feel about this?

Role Play

Which role do you play?
Think of a situation your child comes to you for often.
Role play and re-play it you wish.

How Do we Listen Empathetically?

- First, stop what you are doing. If you can't stop, then set a time.
- Second, get down to their level, make eye contact, and don't interrupt.
- Third, as your child speaks, try to reflect and validate their emotions.
- Fourth, give your child the same compassion and reflection of feeling you would give to a friend. You can ask, "is there anything I can do to help?" Then problem solve together.

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ns expressed it as: "walking a mile in another person's moccasins"

Take Care of Yourself

Relax

- What do you like to do that relieves stress?
- Hobbies, communities, activities
- Make a commitment to yourself
- When you take care of yourself, your child learns how to take care of themselves

Exercise and meditation

- Don't have to be a weekend warrior
- Clears the mind
- Detoxifies the body
- Releases serotonin

What is Empathic Listening?

Relate and connect

- Empathic listening is active, engaged, and seeks to get to the heart of your child's needs
- It is more than just hearing the words and repeatedly saying "I see." It is truly understanding and accepting your child's message and his or her situation and feelings
- It is not about offering a quick fix like "just ignore him, tell the teacher, or find someone else to play with"
- It is listening so intently and identifying so closely that you experience the other person's situation, thoughts and emotions. Just like the way people listen when a close friend is going through a rough time.
- The Native Americans expressed it as: "walking a mile in another person's moccasins"

Purpose of Empathic Listening

For your child

- It invites your child to tell their story and vent feelings.
- It shows your child that you care and that you are trying to understand.
- It lets your child know that you accept their feelings. They will enjoy talking to you more and open up to important emotional topics.
- Since it is safe to talk about "deep" subjects, your child can express feelings and self-explore, carefully considering all their deep-seated emotions, the reasons for those feelings and their options. This is very therapeutic.

For you

- It reduces your irritation with your child because you now understand. To understand is to forgive.
- If you have misunderstood something your child can immediately correct your impressions, which helps you learn more about your child.

Review of Session 2

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For the parent:

- To reduce your frustration with your child because you are understanding them.
- To understand how to help your child.
- To know you are listening to them and that you care about them.

What is Empathetic Listening?

Define and connect:

- Empathetic listening is active, engaged, and aims to get to the heart of your child's needs.
- It is more than just hearing the words and responding. It is truly understanding and accepting your child's message and his or her emotions and feelings.
- It is not about offering a gift. It is about saying, "I see you, and I understand you."
- It is listening to the child and acknowledging to yourself that you experience the same or person's emotions, thoughts and actions. It is like the way people listen when a friend is going through a rough time.
- It is the feeling of being understood. It is "holding a mirror to another person's experience."

Take Care of Yourself

Relax:

- What do you like to do that relieves stress?
- Hobbies, conversations, activities
- Make a commitment to yourself!
- When you take care of yourself, your child learns how to take care of themselves.

Exercise and meditation:

- Don't have to be a weekend warrior
- Cleans the mind
- Detoxifies the body
- Releases serotonin

Questions

How can I be more empathetic?

Role Play

Which role play?

Think of a situation your child comes to you for often.

Role play and re-play it you wish.

How Do we Listen Empathetically?

First, stop what you are doing. If you can't stop, then set a time.

Second, get down to their level, make eye contact, and don't interrupt.

Third, as your child speaks, try to reflect and validate their emotions.

Fourth, give your child the same compassion and reflection of feeling you would give to a friend.

Finally, you can ask, "Is there anything I can do to help?" Then problem solve together.

How Do we Listen Empathetically?

First, stop what you are doing. If you can't stop, then set a time.

Second, get down to their level, make eye contact, and don't interrupt.

Third, as your child speaks, try to reflect and validate their emotions.

Fourth, give your child the same compassion and reflection of feeling you would give to a friend in a crisis.

Fifth, you can ask, is there anything I can do to help? Then problem solve together.

Role Play

Watch us role play

Think of a situation your child comes to you for often

Pair up and role-play it yourselves

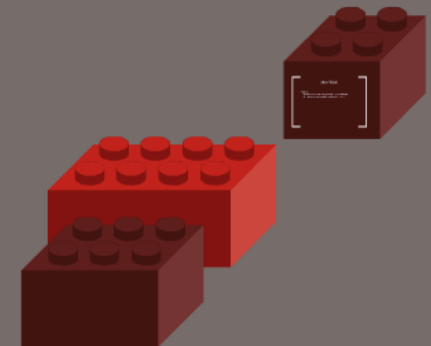
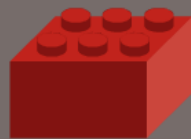
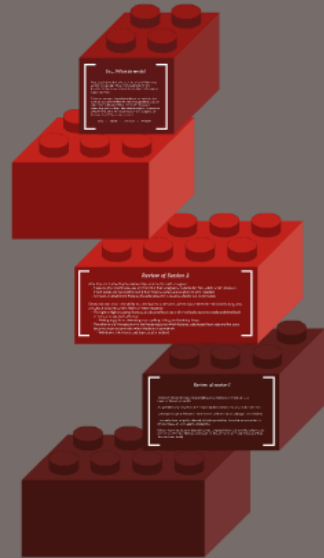
Questions

How was it for you?

Next Week

Motivate

- Positive reinforcement by rewarding desired behavior
- Moving away from punishing undesired behavior



Empathic Listening