

Mindful listening

To practise listening mindfully to your child, be curious about the words he or she uses. Notice facial expressions, body language and tone of voice and to try to 'read' what he or she is feeling.

Listen with the same level of attention that you might give to an Oscar-winning performance by your favourite movie star. Notice every little detail of the facial expressions, gestures and tone of voice of your child.

Avoid interrupting or making suggestions. Listen with no other agenda than to get a sense of what he or she is feeling and thinking.



Use this space to record what you heard and understood about your child as you were mindfully listening.

A large, light-grey, cloud-shaped area with a scalloped border, containing horizontal lines for writing. It is intended for recording observations during mindful listening.