



Proactive Listening Prompts

Listening with **empathy** helps children feel **heard, understood, and supported**. **Reflective listening** validates their emotions and helps **de-escalate tough situations**. Use these prompts to guide conversations when your child is struggling.

Validating Feelings

(Acknowledge your child's emotions without judgment.)

- ✓ "I hear that you're feeling frustrated because..."
 - ✓ "That sounds really difficult. I can see why you're upset."
 - ✓ "It makes sense that you feel that way."
 - ✓ "I can tell this is really important to you."
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Encouraging Communication

(Help your child express themselves and expand on their thoughts.)

- ✓ "Tell me more about what happened."
 - ✓ "What were you feeling right before this?"
 - ✓ "I'm listening—help me understand what's going on."
 - ✓ "Can you show me with your words what you're feeling?"
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Empowering Solutions

(Guide your child toward problem-solving instead of just reacting.)

- ✓ "What do you think would help you feel better?"
- ✓ "Let's think of one small thing we can do to make this easier."
- ✓ "Would you like to take a break or try again together?"
- ✓ "What's one way I can help you right now?"



Practice Scenarios

Try **role-playing** these situations using the **reflective listening prompts** above:

- 1 Your child is **upset** because they **lost a game**.
 - 2 They are **frustrated with homework** and want to give up.
 - 3 They had an **argument with a friend** and don't know how to fix it.
 - 4 They are **nervous about an upcoming school presentation**.
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Want to Improve Parent-Child Communication?

Book a **free 30-minute consultation** for expert strategies on **effective listening, emotional regulation, and behavior support**.



[Schedule Here](#)

Empower • Educate • Elevate

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Reflective listening helps children develop **emotional awareness and problem-solving skills**.
Which phrase will you try using today? 💡 ❤️

Warmly,

Tom