

# Active Listening

---

## Five steps to mastering active listening:

1. **Stop what you are doing.**
2. **Look at your child.**
3. **Give your full attention.**
4. **Listen to what is said.**
5. **Comment on what you think you hear.**

## Additional comments:

Talk to your child at eye level. Let them see that you are listening. Do active listening with others so your child can watch you. Your child will not only benefit from you actively listening but will pick up on the skills as well.

## How to use this skill:

During day-to-day conversations with your child, interact with them using the five steps listed above.

---