

RELATE / COREGULATING

EMPATHY/CONNECTION/VALIDATION

Empathy is feeling WITH another what it's like from their perspective.

Example: Our child is feeling sad. They come to tell us that their sister doesn't want to play with them.

When we communicate:

55% Facial Expression

38% Tone of Voice

7% Words

- Listen, get curious
- Connect with their feelings
- Validate & Acknowledge

Liberate yourself from having to make your child HAPPY.

We don't choose how to feel, there is no right or wrong. Validating doesn't mean "I agree", it means "I understand, i hear you."

RELATE sounds like this:


- "I understand you, you really wish your sister would want to play with you right now. How you feel makes sense."

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EXAMPLES:

- "I can't do this!"

 "I see you are having a hard time. this feels so tricky to you."


- "I hate my sister!"

 "That must be really challenging. *You wish your sister wasn't part of this family.*"


- "I'm not good at this! I'm the worst!"

 "Ugh! that must be so hard to feel that way about yourself."

- "You never spend time with me!"

 "I hear you. You wish we spent more time together."

- "You don't love me!"

 "It must feel awful to feel that I don't love you."

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VALIDATION SOUNDS LIKE THIS:

- "I get you! I would feel the same exact way."
- "We are going to get through this together."
- "Help me. I want to understand you further."
- "How you feel is understandable."
- "Your emotions makes sense."
- "I'm listening, I'm here."
- "How you feel matters."
- "Tell me more about...."

**When we trust
how our child is
feeling, they
trust how they
feel = self-
confidence.**