

Effective Listening

Interview with Faith Mianulli can be heard here: [Effective Parenting](#)

Effective communication begins with listening and indicating you hear and understand the other person's feelings and meanings.

Effective listening:

- Uses empathic responses
 - Reflective listening means trying to catch the feeling being expressed and reflect it back.
 - Reflective listening involves hearing the other person's meaning and stating this so he or she feels understood.
 - Reflective listening provides a mirror for the person to see him or herself more clearly.
- Involves establishing eye contact and posture that clearly indicate you are listening
 - If you are on the phone, making frequent verbal indications helps the person know you are actively listening.
- Avoids nagging, criticizing, threatening, lecturing, probing, ridiculing or bringing up past behaviors
- Means treating and talking to your children the way you treat or talk to your best friend
- Doesn't mean you have to agree with your child – just accept him or her
 - Mutual respect involves accepting the person's feelings.
- Gives open responses that accurately state what the other person feels and means
 - Avoid responses that ignore the other person's feelings. This tells him or her that you have not heard or understood.
- Lets the person learn and resists the impulse to impose your solutions