

How To Validate Your Child

Validating is an acknowledging, confirming, accepting, compassionate response that lets your child know you see what is happening for them emotionally. Validating does not mean that you're agreeing with the behavior. You're making an effort to connect with your child to help them feel supported and understood.

How to Validate

- Set Your Intention to Validate
- Pause. Breathe. Listen.
- Just be present. Don't try to fix.
- Reflect, Comment, or Make an Observation
- Practice This As a Skill to Build

Validating Statements

It sounds like you're really feeling

I understand that you're having a challenging day today.

I hear you. That's a lot that you have to deal with.

Thank you for sharing your feelings with me.

How can I support you?

I can understand just how you're feeling.

Adapted from contributions by Kathryn T. Santos, LMFT