



When I Stay Calm Enough to Listen

When I stay calm enough to listen, I teach my child:



1 Strong feelings
can be heard
safely



2 You don't have
to make yourself
smaller to be
accepted



3 Listening
doesn't mean
agreeing with
everything



4 We can
understand
before we
respond



5 Your voice
matters here



♥ Calm listening makes emotional safety grow. ♥

You don't have to fix the feeling.
You have to make room for it.

They're learning that their voice is safe with you.

