

Holding Space for your Child



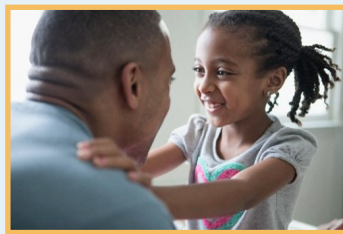
Holding space means to be with someone without judgment.

To give your ears and heart without wanting anything back.

To practice empathy and compassion.

To accept someone's truths, no matter what they are.

To allow and accept.



How do I hold space for my child during this difficult time?

1. Find a quiet and private place to talk to your child by eliminating distractions such as phone calls, text messages, and television.
2. Listen to understand and not give an immediate response.
3. Validate your child's expression of feelings and allow for expression of all feelings or thoughts.
4. Smile or nod your head to show your child you are hearing them.
5. Provide reflection, "You're feeling _____ because of _____."
6. Avoid minimizing or trying to fix what your child is sharing with you.
7. Understand that silence is okay.
8. Thank your child for sharing and talking about their feelings.

To learn more about holding space, watch [Beech Brook's corresponding video](#), led by Beech Brook's Patrice Treadwell, LISW-S