

# HOW TO VALIDATE YOUR CHILD

**WHAT IS VALIDATION? VALIDATION IS THE RECOGNITION OR AFFIRMATION THAT A PERSON OR THEIR FEELINGS OR OPINIONS ARE VALID OR WORTHWHILE.**

**Invalidation can damage a child's self esteem and ability to believe in themselves and their emotions. It can often cause anxiety and insecurities in who they are.**

**VALIDATION IS A SKILL THAT CAN BE LEARNT. IT HELPS BOND AND DEEPEN RELATIONSHIPS**



## **What does it look like to not validate someone?**

- We dismiss their feelings
- We do not pay attention when they are talking (this can look like continuing with what you are doing, chores, work, being on your phone and not making eye contact)
- Judging their emotional reactions or feelings towards things
- Comparing people who are worse off to what your child is feeling
- Using invalidating phrases like 'it's not a big deal, 'you are overreacting', 'you are too sensitive'

# 10 TIPS TO SUPPORT YOUR CHILD TO FEEL VALIDATED



1) Understand children are often experiencing situations & emotions for the first time and that can be confusing- they will not get it right just as we adults don't get it right. Consider how you would want someone to react to your emotions?



2) Saying phrases like "I can understand why that is upsetting you" or "I understand where you are coming from" can support your child to see you are on their side even if you still need to set a boundary with them- this helps them feel HEARD & SEEN

3) If you don't understand- ask questions to gather information on what they are feeling to better equip you to validate where they are coming from

4) Understand your child's love language would they prefer physical touch or affirmations to feel validated? you can do this by doing an online quiz with your child to learn each others.

5) Be present- put away your phone and make eye contact without distractions. Show them you are interested in what they have to say.



6) Show active listening when they are talking to you with mmm comments or nodding, this shows you are engaged and invested in their words.

7) You can also validate someone by reflecting back what they're saying, you are literally using their own words! Such as the child saying "I am so angry because at school today they laughed at me when I walked in the classroom". You can respond with "They laughed at you when you walked in the classroom, I am sorry that's really unkind".



8) Don't dismiss their feelings with 'it'll be fine, cheer up, don't worry about it, forget about it'. This dismisses their need to express themselves which is an essential part of processing.

9) Once you have done the above, you can share a time something similar happened to you and how it made you feel. This allows your child to relate to you and look to you for advice & guidance.

10) Once you have validated their feelings you can work with them to come up with steps to fix or move on from it, but ask them & let them lead "what would help this situation?" or "What would make you feel better about this"



# MORE ON VALIDATION

## Why Validation Matters:

- **Promotes Emotional Health:** Helps children develop emotional intelligence and self-awareness.
- **Builds Trust:** Encourages open communication and strengthens your relationship.
- **Boosts Self-Esteem:** Children who feel validated are more confident in expressing themselves.

## How to practice validation on an every day basis:

- **Check-in regularly:** Ask your child how they're feeling, especially when you notice changes in their behavior.
- **Use Positive Reinforcement:** Praise your child for expressing their emotions.
- **Reassure them:** Let your child know that their feelings are valid, no matter what they are.



By validating your child's feelings, you're teaching them how to understand, manage, and express their emotions in a healthy way. It's one of the most powerful tools you have to help them grow into confident, emotionally resilient individuals.

