

PACE

Build Connections

Listen to understand, not to fix.

Playfulness

Light-hearted and reassuring manner
Open, calm and engaged attitude
Allows young person to relax
Less defensive and more reflective



Acceptance

Unconditional acceptance of thoughts, feelings and struggles
Normalising emotions and providing affirmations



Curiosity

Support development of Self-Awareness so young person can identify reasons behind their own actions



Empathy

Show compassion
Being present in the moment to understand experiences as the child does



Sentence stems for conversations that engage and support children in a non-judgemental approach

I wonder if... (e.g. it felt like no one understood you).

I imagine...(e.g. that was horrible when that happened).

I notice... (e.g. how you perked up when you said you felt close to your brother).

That sounds... (e.g. very hard for you).

I guess... (e.g. that was not easy for you).

Can you help me understand....

**** Empathy - maintain a sense of compassion for the child and their feelings ****