



Tips for Successful Conversations with Your Kids

Set aside "talk time" every day

Choose a time when you are both most open to talk.

Ask open-ended questions.

Practice active listening (don't interrupt).

Be observant and validate feelings.

Respond vs react.

Look for opportunities to start dialogue

Does your child seem out of sorts after school?

Are they spending a lot of time with only one friend?

Your child just went on a date.

Let your child pick the radio station.

You're watching a movie together and there is an awkward scene.

Remove all Distractions

Put away all devices.

Turn off the television.

Find a quiet place.

Know what makes your child tick

Learn which environments bring them comfort.

Learn what calms and what triggers them.

Learn what brings them joy.

Identify and know what things at which they are good.

Use different ways to communicate

Face-to-face is the best.

Don't be afraid to use chat, text or video calls.

Send a video or use social media.

But My Kids Won't Talk!

Try changing the environment: location, time of day, inside or outside, etc.

Ask easy, simple questions and listen.

Repeat your child's responses to make sure you understand.

Ask clarifying questions when you don't understand.

Help your child find other trusted adults.

Get to know other adults who could be healthy mentors.

Encourage your child to seek out other healthy mentors.