



CONVERSATION GUIDE

HOW TO TALK TO YOUR CHILD

Having open conversations about feelings helps build trust, promotes greater receptiveness, and improves



conversations with tips for each part.

Step 1

PREPARE FOR THE CONVERSATION

Step 2

START A CONVERSATION

Step 3

CONTINUE THE CONVERSATION

PREPARE FOR THE CONVERSATION

prepare yourself emotionally

It's important to be emotionally prepared for the things you might hear in this conversation.

Before talking to your child:

Spend some time thinking about the conversation and the different scenarios that could play out.

Find ways to connect with yourself, like breathing exercises, so you can control yourself if things get



do what is best for him or her.

This can help ensure that you will be able to control your reactions. Before responding, stay calm, listen, and process the information your child shares with you.

Make talking about emotions (big or small) a habit

Conversations don't have to happen only when someone is upset. The more you encourage your child to talk about his emotions, the easier it will be for him to come to you for any reason.

Conversations don't have to happen at a specific time or place, and children shouldn't perceive them as serious or overly serious. Try to talk when you are already spending time together, or when you are doing an activity that your child enjoys. Talk when you're on your way home from school (even for a few minutes) or when you're getting ready for dinner.

Have a casual, relaxed conversation. Try not to have expectations that the conversation has to be long or deep. Ask open-ended questions to keep the conversation flowing, rather than just answering yes or no.

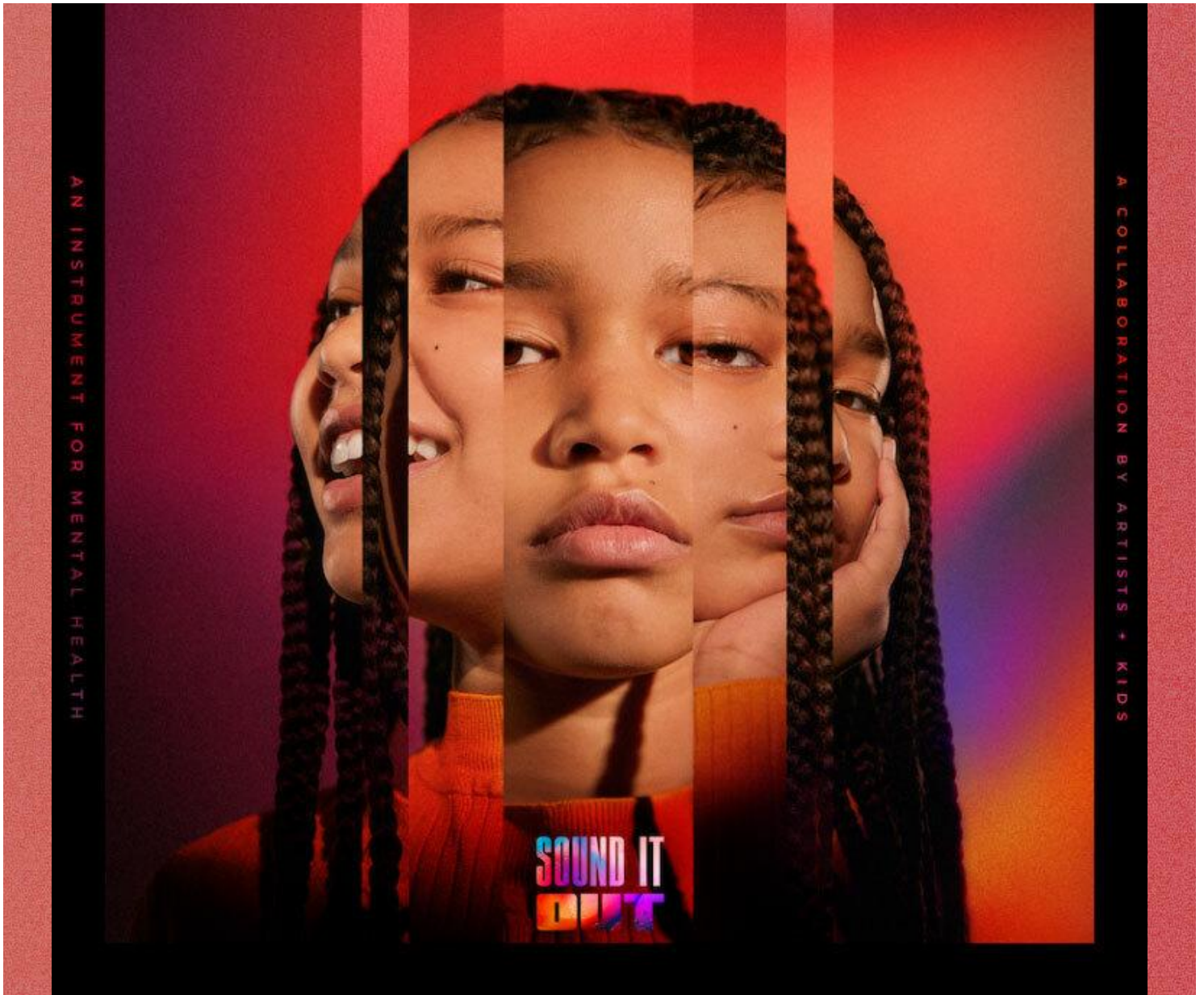
share your experiences

Share what you think and feel. This helps your child understand and realize that it is okay for him to



Before starting a conversation with your child, always be prepared to share your own thoughts and feelings. Being honest with your child can help him feel like he can be honest with you.

Next step: Start the conversation



EXPLORE MORE WAYS TO
COMMUNICATE

CHOOSE AN ACTIVITY



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help in Spanish. For
emergencies, call 911.**



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