



# Conversations with Kids

## Conversation Checklist

- *Tone* - Am I engaged and productive? Is my child?
- *Setting* - Am I comfortable? Is my child?
- *Timing* - Do I need a moment? Does my child?

## General Strategies for Conversations:

### Reserve judgement

- "Oh, I see."
- "What did you think of that?"

### Validate ideas

- "That sounds like it was a painful experience."
- "Was that hard for you?"
- "I understand that you would like..."

### Let go of expectations

- "How would you like this to resolve?"
- "What's your next step?"
- "What do you think would be the best thing to do?"
- "I had assumed \_\_\_\_\_, and I am open to other ideas."

### Focus on the positive

- "I'm so glad that you \_\_\_\_\_."
- "I hope that you can see \_\_\_\_\_."
- "What are you most proud of?"

### Be direct

- "I'm disappointed in your actions - I didn't think this would happen."
- "I'm scared for your safety and I also want you to show me how you can take responsibility."

### Ask open-ended questions

- "How do you feel about that?"
- "What's going on?"

