



# Engaging in Conversations

## Types of Conversations

- **Heart-Based:** These conversations revolve around emotions and feelings and include relationships and trust.
- **Uncomfortable:** These often make us feel awkward and include topics like sex, diversity, or transitions.
- **Dangerous:** These we sometimes wait too long to have but need to address because they revolve around safety, including drugs, alcohol, and assault.
- **Character:** These are the conversations that help you build your child's inner strength and include morals, values, and decision-making.
- **Brave:** These force us to discuss something that might be scary or intimidating, such as bullying or struggling with confidence.

## Tips for Engaging in Conversations

### Opening Heart-Based Conversations

- Support friendships
- Be a parent & not a friend
- Encourage & model self-compassion
- Name emotions
- Celebrate self-awareness
- Lean in to intimacy

### Navigating Uncomfortable Conversations

- Acknowledge discomfort

- Step outside comfort zone
- Be honest and direct
- Notice transitions & their effects
- Understand & respect consent



### Braving Dangerous Conversations

- Honor appropriate development
- Learn from mistakes
- Judge sparingly
- Relinquish total control
- Respect independence
- Assume good intentions

### Nurturing Character Conversations

- Encourage decision-making
- Follow through with consequences
- Honor developing morals & values
- Develop a practice of gratitude

### Fostering Brave Conversations

- Show & acknowledge vulnerability, Stand up for and with your child
- Support & model growth mindset
- Find opportunities to foster courage
- Make home safe & comfortable
- Be approachable

