



Embrace Parenting

“The parent-child relationship is the most powerful mental health intervention known to humankind.”

-Bessel van der Kolk, MD

Listen, listen, listen

Listen first, speak second

- Pay complete attention (with eye contact) when your child is talking to you
- Ask open-ended questions that require more than ‘yes’ or ‘no’ response
- Wait for responses, don’t put words in child’s mouth



Reserve judgment

Avoid Cutting Off Discussion

If your child makes statements that challenge or shock you...

- Turn them into a discussion
- Ask your child to tell you more, “Help me understand that.” Or, “Tell me more.”
- Express your emotions without judgment or blame, “Wow, I’m surprised to hear that. I want to understand how you see it.”

