

Continue The Conversation

Notice your body language. • Reflect openness and interest.	Examples Nodding, eye contact	Versus Looking at phone
Don't ask a lot of questions. • Asking a lot of questions can cause children to shut down or feel defensive. • Let them guide the conversation. • When stuck, try statements or questions that keep the conversation going.	Examples "Tell me more about that..." "And then what happened?"	
Try reflective listening. • Focus on what they are telling you instead of what you want to say next. • Try saying back what you just heard.	Examples "It sounds like you are feeling angry because you can't go out with friends." "I hear you saying school has been stressful recently."	
Praise. • Thank them for opening up.	Examples "Thank you. That had to be hard to tell me, but you still did it." "Even though this was hard for me to hear, I'm grateful you shared."	Versus "Why didn't you tell me sooner?!" "Have you been lying to me?"
Validate. • Normalize emotions. • Do not judge or dismiss.	Examples "It makes sense you feel that way" "Anyone in your situation would feel that way too.."	Versus "There's no reason to feel ___" "You're just a kid, that doesn't matter." "If you hadn't done that, you wouldn't ..."

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