

# Does your child know...

**that he/she can talk openly with you about things that may be of concern to him? Things like ...**

**loneliness**

**bullying**

**exclusion**

**peer pressure**

**Does he know that you will not embarrass or punish him, or belittle his concerns?**

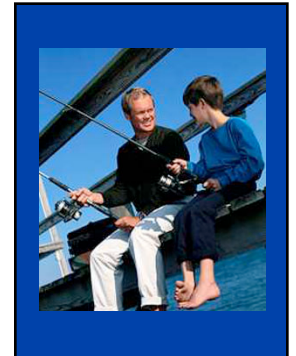


## TALK WITH YOUR CHILDREN!

**It's the best way to find out what's going on in their lives!**

When your son/daughter tells you something, try to open the subject up more by asking questions like:

- Can you tell me more?
- What else did they say?
- Did anything else happen?
- Wow, what was that like for you?
- How did you feel when that happened?



If you can get your child to explain more, then you can respond:

- Ok, so now I understand. You sure explained that to me well.
- Hey, you sure know how to explain things.
- Wow, you're a great story-teller.



Parents, remember to share your own struggles, failures & achievements with your child (where appropriate). Look for opportunities to say how certain achievements make you feel so proud. Let them know that you felt fear or risk of failure, but how you faced up to it and now you're glad you did. Of course, don't burden your child with the ins and outs of your adult life, but it never hurts to create dialogue and impart vocabulary so your child exists in an environment where family members share their efforts, achievements and failures with one another in a safe and supportive environment.