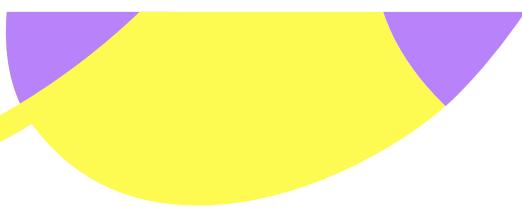


# Continue The Conversation



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| <p><b>Notice your body language.</b> • Reflect openness and interest.</p> <p><b>Don't ask a lot of questions.</b></p> <ul style="list-style-type: none"> <li>• Asking a lot of questions can cause children to shut down or feel defensive.</li> <li>• Let them guide the conversation.</li> <li>• When stuck, try statements or questions that keep the conversation going.</li> </ul> <p><b>Try reflective listening.</b></p> <ul style="list-style-type: none"> <li>• Focus on what they are telling you instead of what you want to say next.</li> <li>• Try saying back what you just heard.</li> </ul> <p><b>Praise.</b> • Thank them for opening up.</p> <p><b>Validate.</b> • Normalize emotions.</p> <ul style="list-style-type: none"> <li>• Do not judge or dismiss.</li> </ul> | <p><b>Examples</b> Nodding, eye contact</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>"Tell me more about that..."</li> <li>"And then what happened?"</li> </ul> <p><b>Examples</b> "It sounds like you are feeling angry because you can't go out with friends."</p> <p>"I hear you saying school has been stressful recently."</p> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>"Thank you. That had to be hard to tell me, but you still did it."</li> <li>"Even though this was hard for me to hear, I'm grateful you shared."</li> </ul> <p><b>Examples</b></p> <ul style="list-style-type: none"> <li>"It makes sense you feel that way" "Anyone in your situation would feel that way too..</li> </ul> | <p><b>Versus</b> Looking at phone</p> <p><b>Versus</b></p> <ul style="list-style-type: none"> <li>"Why didn't you tell me sooner?!"</li> <li>"Have you been lying to me?"</li> </ul> <p><b>Versus</b></p> <ul style="list-style-type: none"> <li>"<i>There's no reason to feel ___</i>"</li> <li>"<i>You're just a kid, that doesn't matter.</i>"</li> <li>"<i>If you hadn't done that, you wouldn't ...</i>"</li> </ul> |
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#KidsMentalHealthFoundation

For more resources, visit [brainnerds.org](http://brainnerds.org)

