

Top Tips: Talking to Your Child

Talking to your child about feelings, relationships, and their growing body is an essential part of growing up. Building open channels of communication now helps your child feel secure coming to you as questions arise in the future.



Setting the Right Tone

Children take cues from adult body language, tone, and manner. When discussing sensitive subjects, try to stay relaxed and speak naturally, just as you would during any everyday chat. Your child needs to know that it is completely normal to ask questions and that you are always pleased to listen.

Simple Strategies for Everyday Conversations

1. Start with comfortable ground

Begin with topics you both feel at ease sharing, such as daily feelings, friendships, and emotions.

2. Ask about friends' perspectives

Ask what their friends think or know about a topic. This gives children a safe, indirect way to share their own thoughts.

3. Avoid "The Big Chat"

Little-and-often chats work best. Chat during car rides, while making dinner, drawing, or watching television together.

4. Share a story book

Books provide natural conversation starters. Reading a story together makes it easy to discuss characters and choices.

5. Do not leave it too late

Begin conversations early, before curiosity turns into worry. This builds strong communication habits ahead of time.

6. Be ready to listen

Give your full attention without jumping to judge. Feeling heard reassures your child that their thoughts matter.

7. Unsure of an answer? Do not panic!

A simple, honest answer is often enough. If you do not know, say you will find out and talk about it later: just remember to follow up.

8. Respond calmly

If something surprises you, stay calm. A steady reaction shows your child that they can trust you with anything.



Remember: Make sure your child knows they can always talk to you anytime, about anything.