

BEFORE:



- Find a calm, quiet moment.
- Organise your thoughts and how you want to express them, especially if the topic is personal or emotional for you.
- If something big has happened, try to tell your child yourself, and as soon as possible.

AFTER:

- Give your child some time to process everything at their own pace.
- Let them know they can always come back to you if they have any more questions.
- Check back in in the next few days to see how they are feeling.



TALKING TO YOUR CHILD ABOUT TOUGH TOPICS: HOW TO HAVE THE CONVERSATION

DURING:

- Get down to your child's level and make eye contact.
- Use simple language. Avoid complicated terms that they may take literally or find confusing.
- Follow your child's lead. Answer all their questions honestly and try to remain as calm as possible.
- Reflect their feelings back to them: "It sounds like you're feeling scared, is that right?" This helps them feel heard and builds their emotional vocabulary
- Reassure them. Many children's questions carry an underlying worry of "Will this happen to me?" Remind them that they are safe, protected and loved.
- It's okay to not have all the answers. If you're stuck, you can say: "That's a good question, let me think about it and we'll talk about it soon." Just make sure you come back to it.

