

# Talking Tips

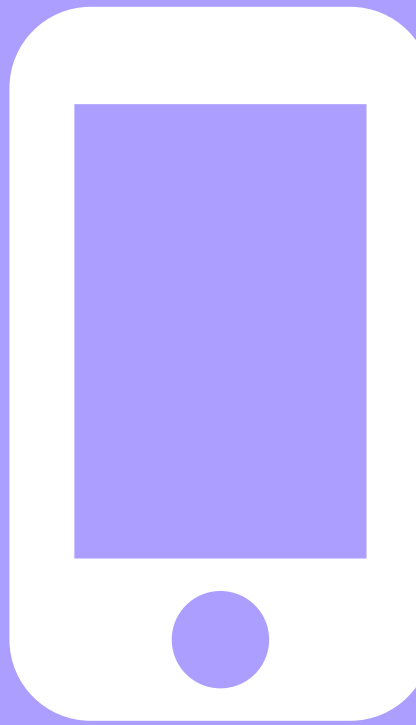


## Time to Talk

Set aside time to talk and listen to each other as a family. This could be during mealtime, bathtime, bedtime, driving in the car – whatever suits your family best!

## Give conversation your full attention

Turn off phones, computers and televisions when you and your child are communicating. This shows that you're completely focused on the interaction or conversation.



## Everyday is important

Talk about everyday things as you go through your day. If you and your child are used to communicating a lot, it can make it easier to talk when big or tricky issues come up.

## If your child is worried about the news

It is virtually impossible to stop children from finding out about upsetting news events, such as COVID-19 updates, terrorism, war and violent crime, that they may find traumatic and scary.

Try not to avoid all exposure to news; this is both unlikely to succeed and could actually increase their fears

Be truthful about what has happened

Let them know it is normal to be concerned and tell them you're also concerned

Encourage them to ask questions if they seem unclear about what has happened

Reassure them that you will do everything you can to keep them safe

Watch Newsround together to get a child-friendly understanding of what is happening in the world

## Feelings Vocabulary

Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety. Lead by example when it comes to naming and acknowledging your emotions.

This helps your child develop a 'feelings vocabulary'.

