

**TRY THIS**

**#LISTEN**

**Be curious before you get furious!**

**If you are worried about something you've seen or heard from your child, take a moment to wonder with them..."what is happening? what are you thinking or feeling about the issue?"  
Listen to what they are sharing.**

**T.A.L.K.**

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**CONSIDER THIS**

**#LISTEN**

## Reflect and Respect

If your child isn't ready to have a conversation when you are, reflect to them that you notice they aren't in the mood to talk and respect their need for space. Let them know you will be available to talk whenever they are ready (even if that's 11:30pm).

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## Connection before Correction

Find a way to connect with your kid (try using humor, a shared experience, or a coffee run). Brief moments of connection will make you both more receptive to new perspectives.

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Not every conversation needs to be serious. Kids will be more comfortable talking with you about the big stuff if they have lots of practice hearing and talking about the easy, goofy and fun stuff, too. Share stories about the little things that happen, too.

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Ask follow-up questions, like,  
"Can you say more about that?"  
rather than giving advice.

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**Consider sharing your own experience if they seem interested and if the experience corresponds to their current age**

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**#LISTEN**

**Name and validate the feelings your  
child expresses**

**e.g.: I can see you are angry, this makes  
sense because your plan has been  
disrupted**

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**Be willing to play with your child**

**(think humor, card or board games,  
video games, learn a tik-tok dance,  
etc...)**

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**Don't be afraid to be a goofball!**

**Show your kids that you can  
have fun and be silly!**

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**TRY THIS**

**#LISTEN**

**Do something together to encourage  
casual conversation**

**(e.g.: raking leaves, getting a manicure,  
watching a game)**

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**TRY THIS**

**#LISTEN**

**Leave space and allow for silence.**

**Let them share without offering anything  
other than your presence**

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**#LISTEN**

Ask for permission before sharing your thoughts or reactions.

"I have some thoughts, would you be open to hearing them?"

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**TRY THIS**

**#LISTEN**

**Minimize barriers to connection: Before attempting to connect make sure no one is hungry, otherwise engaged or exhausted.**

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**It's OK to be brief.  
Allow for mini-connections that are not  
overwhelming**

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**#LISTEN**

## Parenting Books We Recommend:

Parenting from the Inside Out

By: Daniel J. Siegel, M.D. and Mary Hartzell, M. Ed.

The Awakened Family

By: Shefali Tsabary Ph.D.

The Explosive Child

By: Ross W. Greene, Ph.D.

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**#LISTEN**

## Parenting Books We Recommend:

**The Whole Brain Child**

**By: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.**

**The Conscious Parent**

**By: Shefali Tsabary Ph.D.**

**Super Child**

**By: Renee Jain and Shefali Tsabary, Ph**

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**TRY THIS**

**#LISTEN**

**Family dinners are important, fun and good for you and your kids!**

**For ideas on getting the most from your family dinners, check out [www.thefamilydinnerproject.com](http://www.thefamilydinnerproject.com)**

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**TRY THIS**

**#LISTEN**

**Family dinners are protective factors.\*  
Enjoy food, talk about the day, get the  
conversation going.**

**\*Protective factors are characteristics associated with a  
lower likelihood of negative outcomes or that reduce a risk  
factor's impact.**

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Instagram parenting inspiration:

**@parentandteen**

**@brookeromneywrites**

**@parentingteensandtweens**

**@curious.parenting**

**@theconsideratemomma**

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**DID YOU KNOW?**

**#LISTEN**

**"Tell me and I will forget, show me and I  
may remember; involve me and I will  
understand."  
-Confucious**

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**DID YOU KNOW?**

**#LISTEN**

**"You are imperfect, you are wired for struggle, but you are worthy of love and belonging."  
-Brene Brown**

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**DID YOU KNOW?**

**#LISTEN**

**"If you want your children to improve, let them overhear the nice things you say about them to others."**

**-Haim Ginott**

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**#LISTEN**

"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

-Fred Rogers

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**DID YOU KNOW?**

**#LISTEN**

"Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now."

**-Fred Rogers**

**T.A.L.K.**

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**DID YOU KNOW?**

**#LISTEN**

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

-Fred Rogers

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**DID YOU KNOW?**

**#LISTEN**

**"It's fine to celebrate success but it is more important to heed the lessons of failure."**

**-Bill Gates**

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**DID YOU KNOW?**

**#LISTEN**

**"Mistakes are the portals of discovery."**

**-James Joyce**

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**DID YOU KNOW?**

**#LISTEN**

**"Always kiss your children goodnight,  
even if they're already asleep."**

**-H. Jackson Brown, Jr.**

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**DID YOU KNOW?**

**#LISTEN**

"Every word, facial expression, gesture, or action on the part of a parent gives the child some message about self-worth. It is sad that so many parents don't realize what messages they are sending."

-Virginia Satir

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**DID YOU KNOW?**

**#LISTEN**

**"You can learn many things from children.  
How much patience you have, for  
instance."**

**-Franklin P. Jones**

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**DID YOU KNOW?**

**#LISTEN**

**"We are apt to forget that children watch examples better than they listen to preaching."  
-Roy L. Smith**

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**DID YOU KNOW?**

**#LISTEN**

"Let parents bequeath to their children not riches, but the spirit of reverence."

-Plato

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**DID YOU KNOW?**

**#LISTEN**

"Hugs can do great amounts of good...  
especially for children."

-Princess Diana

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**DID YOU KNOW?**

**#LISTEN**

"Your children are not your children. They are the sons and daughters of Life's longing for itself. They came through you but not from you and though they are with you yet they belong not to you."

-Khalil Gibran

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**DID YOU KNOW?**

**#LISTEN**

**"The love of family and the admiration of friends is much more important than wealth and privilege."**

**-Charles Kuralt**

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**DID YOU KNOW?**

**#LISTEN**

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family."

-Virginia Satir

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**DID YOU KNOW?**

**#LISTEN**

**"It takes courage to grow up and become  
who you really are."  
-e. e. cummings**

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**DID YOU KNOW?**

**#LISTEN**

**"Adolescence is a new birth, for the higher and more completely human traits are now born."**

**-G. Stanley Hall**

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**DID YOU KNOW?**

**#LISTEN**

**"We must tell girls their voices are  
important."**

**-Malala Yousafzai**

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**DID YOU KNOW?**

**#LISTEN**

"Being a teen can be tough. Just try to surround yourself with really good friends that really have your back, and also be a really good friend to those who really care about you. If you're not sure about certain things, talk to your friends that you trust and your family."

**-Victoria Justice**

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**DID YOU KNOW?**

**#LISTEN**

"No matter how good you are, at some point your kids are gonna have to create their own independence and think that Mom and Dad aren't cool, just to establish themselves. That's what adolescence is about. They're gonna go through that no matter what."

-Eddie Vedder

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**DID YOU KNOW?**

**#LISTEN**

"Adolescents are not monsters. They are just people trying to learn how to make it among the adults in the world, who are probably not so sure themselves."

-Virginia Satir

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**DID YOU KNOW?**

**#LISTEN**

"The toddler must say no in order to find out who she is. The adolescent says no to assert who she is not."

-Louise J. Kaplan

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**KEEP IT LIGHT**

**#TALK**

**Who did you eat lunch with today?**

**T.A.L.K.**

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**KEEP IT LIGHT**

**#TALK**

**Did anything grab your interest in one of your classes?**

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**KEEP IT LIGHT**

**#TALK**

**Any funny/interesting/cool videos on Tik Tok today? Will you share one with me?**

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**KEEP IT LIGHT**

**#TALK**

**Can you tell me two things that  
happened today?**

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**KEEP IT LIGHT**

**#TALK**

**Who was the first friendly face  
you saw today?**

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**KEEP IT LIGHT**

**#TALK**

**If you could solve one problem in the world, what would it be and why?**

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**LET'S TALK**

**#TALK**

What is something you have done in  
your life that you never thought you  
would do?

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**LET'S TALK**

**#TALK**

**What three words would your best friend  
use to describe you?**

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**LET'S TALK**

**#TALK**

How did you feel when you first entered middle school?

What are your thoughts about entering (Pollard or new school name)?

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**#TALK**

When have you felt like you belonged?

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**LET'S TALK**

**#TALK**

**What have you done to fit in?**

**T.A.L.K.**

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**LET'S TALK**

**#TALK**

What does a kid have to do to be popular?

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**#TALK**

Is there such a thing as peer pressure?  
What does peer pressure mean to you?

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**LET'S TALK**

**#TALK**

Describe a scene in school where you felt or saw someone in a socially awkward situation?

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**#TALK**

I've heard edibles are really popular with high school kids. What have you heard about them?

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**LET'S TALK**

**#TALK**

Would you let me know if I have anything to be worried about, as it relates to drinking, drugs, etc...?

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**LET'S TALK**

**#TALK**

Let's talk about different types of alcohol and the effects

Ex: light beer vs. craft beer vs. hard liquor (cocktails & shots)

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**LET'S TALK**

**#TALK**

If you are ever in a situation where you need help or are uncomfortable or need a ride/way out, you can call me. No matter the time of day or night

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**LET'S TALK**

**#TALK**

What do you (or your friends) think  
about \_\_\_\_\_?

(This could be the latest Tik Tok  
Challenge, something in the news, etc...)

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**LET'S TALK**

**#TALK**

When you notice or experience a socially awkward situation what do you do? Or what have you watched other people do?

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**#TALK**

If you were famous (like Olivia Rodrigo or favorite You-Tuber or sports star) how would you use your platform to help people?

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**LET'S TALK**

**#TALK**

Can you show me the latest trends in...?

(Example: clothing, hair, sneakers, dancing, music)

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**#TALK**

**What's the difference between fitting in  
and belonging?**

**What have you done to fit in?**

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**LET'S TALK**

**#TALK**

**What makes someone popular?**

**What is your opinion about  
being popular?**

**(sports, money, humor?)**

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**LET'S TALK**

**#TALK**

**What would you like to know about me  
(us)?**

**T.A.L.K.**

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**LET'S TALK**

**#TALK**

What is one thing you'd like to know about my childhood or adolescent years?

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**LET'S TALK**

**#TALK**

If someone asked you what your parent's perfect day looked like, what would you say?

Would you like to hear what I would say is my perfect day?

What would be yours?

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**#TALK**

Is there anything you wish you would have done differently in your life so far?

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**LET'S TALK**

**#TALK**

Is there a time in your life where you felt you  
really struggled?

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**LET'S TALK**

**#TALK**

What is something that has happened to you  
that you've hardly shared with anyone?

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**LET'S TALK**

**#TALK**

What is a moment you will never forget?

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**LET'S TALK**

**#TALK**

Do you have a memory when you were really embarrassed?

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**#TALK**

What is the funniest memory you have?

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