

# Talking to my child



**Easy  
Read**



**MindEd**

*e-learning to support young healthy minds*

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# A good time to talk



If you spend a little time each day talking with your child. It can make them feel like you take them seriously.



Don't try to have a serious talk just before bed time. They'll be too tired.



Some children don't stop talking once they've started. It might be because they have a lot of problems.

Try to make time to talk through all their problems with them.



Some children don't want to talk - but would rather do something with their parent - like play a game or cooking.



Don't worry if they don't say much. It helps knowing that the parent is willing to listen.

## Talking to teenagers



Some teenagers find it difficult to talk about feelings.



Ask them questions like:-

- ▶ “How are you feeling?”
- ▶ “Tell me about it”.
- ▶ “Talk me through what happened.”
- ▶ “Let's take it one step at a time.”

Try to use the same words as they use.





Sometimes teenagers don't know how to talk about something that they are feeling. Parents can help by suggesting words like:-

- ▶ “It sounds as though you are **sad**.”
- ▶ “You have been **worried** about that.”

## Listening



Don't try to solve their problems before they have finished telling you their story.



Think about who is doing most of the talking? If it is you - you need to stop and let your child say something.



Turn off your phones to make sure you give them your full attention.



If you are giving your full attention you will be looking at your child and listening to them.



Give them time and space to think. Children and teenagers sometimes need time to think about a question before answering it.



Keep your questions simple like:-

- ▶ “What happened?”
- ▶ “Tell me about it.”
- ▶ “Tell me one thing at a time.”



Be patient and be prepared to wait for an answer.

# For more information

This resource is part of the MindEd online learning site. For more information please contact:-



**Web:** [www.minded.org.uk](http://www.minded.org.uk)

For more information



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