

Be an Askable Adult



BE APPROACHABLE

Set aside time to listen and talk with your child. To hear and understand what your child has to say, try to block out all distractions. Reassure your child that you will always make time to talk when they need you.

LISTEN

Maintain eye contact and show interest by nodding your head while your child talks. Your body language signals you're interested in what your child is saying.

RESPECT YOUR CHILD'S VIEWPOINT

Remember how it was when you were your child's age. Accept and show respect for your child's thoughts and feelings. As an adult, you have more life experiences than your child. Share your thoughts and values, but not before your child has expressed theirs.

ENCOURAGE QUESTIONS

Be open to your child's questions. This can clear misunderstandings and also gives your child the chance to express his/her opinion. When answering your child's questions, follow up by asking if he/she understands. Be willing to repeat your responses.

ADMIT YOU DON'T KNOW IT ALL

It's okay not to have all the answers. If you don't know the answer to a question, suggest you find the answer together.