

More Bites from **SAFE HOMES**

Timing is everything when having an important conversation with your children!

It's often best to have side-by-side conversations, rather than sitting down to talk. Try taking a walk, drawing or cooking together, watching birds, looking at stars.

Use fewer words so your message is not diluted, and most importantly, LISTEN.

Kids are just like us—they don't like to be interrupted when engaged in something else, need calmness, want their point of view understood, and need reassurance in the midst of conflict.

