

KITCHEN TABLE CONVERSATIONS YOUTH EDITION

How to have dialogue about important topics with the young people you love - even when it's hard

GET READY TO TALK ABOUT DIVERSITY AND INCLUSION

Make sure children feel safe in the space - be mindful of your words and tone. Show patience, making sure to consider your children's developmental stages.



10 tips for talking about COVID-19 with your kids

If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone.

 PBS NewsHour / Mar 16



EMPATHIZE AND VALIDATE THEIR FEELINGS

Sometimes our small children have big emotions. Use affirming language to acknowledge their feelings without judging or minimizing.

START THE CONVERSATION

Parents are a trusted source of information. Encourage children to ask any questions they have.

In response, give age-appropriate facts, be honest, and let the children lead the discussion.



MODEL THE BEHAVIOR YOU WANT TO SEE

Try to demonstrate positive attitudes and an adventure mindset as you learn and grow together.

Reference:

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

Infographic by:

