

# Parent's Guide to Difficult Conversations Outline

## How Do I Initiate Conversations:

### **1. Start by loving them well.**

- Be Proactive not Reactive
- They will not care how much you know until they know how much you care.

### **2. Be Creative and Intentional**

- If we wait for conversations to happen naturally, we'll wait too long
- Model Conversations in front of them

### **3. Pray and look for opportunities**

## What to Avoid:

### **1. Avoid Euphemisms (Cringe)**

- Euphemisms imply that there is something to be ashamed of, and they open the door to confusion

### **2. Remember all kids are different.**

### **3. Don't assume anything.**

## Keep in Mind:

1. Consider timing
2. Consider the environment
3. Be strategic with how you start
4. Be calm

5. Listen well

6. Be humble and willing to learn

7. Have realistic expectations

8. Let them ask questions

9. Be Honest

10. Get support, before and/or after the conversations

11. Think long term

12. Give them space to process

## Jonah's Dos and Don'ts:

### **Dos:**

1. Ask Questions

2. Play Devil's Advocate (Innocently)

3. Partner with other adults to parent your children

4. Partner with your children (HS+) to parent them

### **Don'ts:**

1. Don't preach

2. Avoid a captive audience

3. Don't rush change