

> 5 SIMPLE TIPS TO GET KIDS TALKING <

● BE FULLY PRESENT

Children notice when we're distracted.

Even a few minutes of full attention can create more connection than an hour of half-listening.

Put the phone down, make eye contact, and let them feel that they're the most important thing in the room.

● BE CURIOUS

Ask questions because you genuinely want to know the answer.

Children open up more when they feel heard, not interviewed.

Approach conversations with wonder rather than an agenda.

● ASK FOLLOW-UP QUESTIONS

The magic usually happens after the first answer.

Simple questions like:

"Why do you think that?"

"What happened next?"

"Tell me more."

help conversations go deeper naturally.

● ENJOY THE SILLY ANSWERS

Not every conversation needs to be meaningful.

Sometimes the funniest, most ridiculous answers create the strongest moments of connection.

Lean into the laughter.

● JOIN THEIR WORLD

Whether they're talking about dinosaurs, Minecraft, fairies or trains, show interest.

Children feel connected when they feel seen.

You don't need to become an expert.

Just be willing to visit their world for a few minutes.

**CONNECTION
DOESN'T
REQUIRE
PERFECTION,
JUST PRESENCE.**