

## How to Talk to Your Kids about Mental Health

Video reference: [www.unicef.org/parenting/health/how-to-talk-to-kids-mental-health](http://www.unicef.org/parenting/health/how-to-talk-to-kids-mental-health)

Run time: less than 2 minutes

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### What's on your mind?

1. Start from a positive place...when you and your child are relaxed. Avoid conversations when emotions are running high or first thing in the morning.
2. Listen more than you talk. Say ½ of what you planned to say. It is important that your child feel listened to. They want to be heard.
3. Pay attention to your body language. Negative body language will hinder the conversation and could prevent your child from talking to you in the future.
4. Work in partnership with your child. Ask their permission as to how they want you to respond BEFORE you jump in offering advice or trying to fix things. What do they want to do? Just vent, take next steps. How do they want you to help?

### NOTES:

What teens need from you...

They need you to truly listen with no judgement.

They need you to try to understand and not to minimize their feelings.

They need you to offer assistance and get their input....not bulldoze.