

# Boulder County ABCD Partnership

Helping all Boulder County children thrive.



## Hard Conversations - What do I say?

*Here is what parents have told us helps them when having a hard conversation.*

- Say the child's name
- Model calmness in your voice and body
- Don't label
- Listen
- Sit down
- Speak slowly
- Adapt language so that it's understandable
- Acknowledge how much you appreciate or like the child
- Avoid labeling a parent as difficult

*Here are some words to get you started...*

- This is scary.
- Are you seeing or experiencing anything like this at home or in other settings?
- Would you like help?
- What do you think?
- What worries you?
- Is there anything about \_\_\_\_\_ that you might see as a reason for concern?
- What do you think might happen if you don't act?
- How important is this to you?
- I can see you are uncomfortable, tell me what you are thinking.
- Of the options we discussed, which one sounds like it fits with your family?
- What makes you concerned about \_\_\_\_\_?
- You and your doctor will decide what to do, but I can offer some information about what I see at school.
- I hear your concerns.
- It sounds like you want to make this work, and you also have some reservations about it.
- How can I help you?
- Maybe you are not ready now but how about we discuss this in 2-3 months?
- Which of these options might work best for you?
- What have you heard about this?
- Would you be willing to keep track of \_\_\_\_\_ for a week, to see if you see any patterns?
- Ultimately, this is your decision, so what do you think?
- Would you like to talk about some options, ideas that have worked for other families?
- It's better not to change too many things all at once. How can you take a small step in this direction?
- Maybe this is not a good time.
- Would you like to know more about \_\_\_\_\_?
- I can see that it is important to you to be a good parent.
- That sounds like a good point.
- That sounds like a good idea.

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