

# K.N.O.W. <sup>2</sup> PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!



## A WESTCHESTER VIRTUAL SPEAKER SERIES

### MICHELLE ICARD: THE ESSENTIAL PARENTING CONVERSATIONS AND HOW TO HAVE THEM

#### “TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### Stay in Touch with Michelle!

-  michelleicard
-  michelle\_in\_the\_middle
- michelleicard.com

Learn more about the Essential Parenting Conversations and How To Have Them: Check Out Michelle's book **14 Talks by Age 14**



Penguin Random House

#### Speechless? Things to say when your tween/teen won't talk

- I'm a good listener if you want to get anything off your chest.
- Can I bring you a snack?
- Want to watch a show together?
- What has helped you get through a tough situation in the past?
- I can listen without fixing anything.
- It's OK to feel the way you do.
- If you change your mind, I'll be in my room and available later.
- I love you and like you.

#### What's the key to better conversations? Keep it “B.R.I.E.F.”

**Begin** peacefully. Start by dipping your toe in the water, with gentle curiosity about a broad subject.

**Relate** to your child. In what ways do you have similar feelings, experiences, or understandings?

**Interview** for data. Ask questions to improve your understanding (but not to prove a point).

**Echo** what you hear. Make sure you're on the same page in terms of understanding each other's vocabulary and experiences.

**Feedback.** Offer suggestions, advice, or next steps based on what you've learned. Keep feedback focused on the specifics of the conversation, without broadening to other areas that might need improvement.

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