

SUPPORTING YOUR CHILD WITH DEEPER CONVERSATIONS

Dialogue 'Tip Sheet'

Creating Safe, Brave and Shared Spaces: We can support thinking and more connection by using language to encourage idea sharing by modelling behaviour that works to create spaces for open and honest conversations. Below are our RADIO principles for creating these spaces:

RESPECT: *Giving your child your time & attention. Answering questions with kind language.*

ACTIVE LISTENING: *Facing each other, making eye contact, & not interrupting.*

DIALOGUE NOT DEBATE: *Nobody has to 'win'. This is a time to understand each other's views & share ideas.*

I STATEMENTS: *You are special – speak about yourself & what you believe. Allow your child to do the same.*

OOPS / OUCH: *Say sorry if you said something that may have upset your child, or tell them if what they said upset you, giving them the opportunity to rephrase or change it.*

Modelling & Encouraging Good Listening:

Ask Open questions to encourage further exploration. Below are suggested sentence starters:

- I wonder...?
- What do you think about...?
- Can you tell me about...?
- How might you (feel / do...?)

More ways in which you can be encouraging and use good listening to open spaces for dialogue:

- Ensure that you find a time that suits you and your child, without distractions
- Be encouraging – ask for more detail or to give an example
- Model enquiry by sharing your own thoughts, feelings and experiences but also sharing some of your questions and 'don't knows'
- Make space to encourage your child to ask you questions about your thoughts

Recognising & Acknowledging feelings:

Sometimes some strong feelings may arise when talking about values and beliefs. These can be great opportunities to support building emotional literacy. Helping children to name their feelings and the associated thoughts and behaviours can help them to better understand themselves.

Steps to help children to develop their Language of feelings?

- **Name the feeling** - Emojis are a great visual for helping to identify feelings. Once an emoji has been identified, you can help children to find a word to name the feeling.
- **Remind your child that all feelings are valid** and should be acknowledged, BUT not all behaviours are okay. We can learn to make the right choices.
- **Helping children to assess how their body responds to feelings**, and to recognise the thoughts that may pop into their heads can help to understand how to respond.
- **Use these conversations as a way to explore feelings** by asking your child how they feel about the topic? What thoughts pop into their minds when thinking about these themes? What behaviours might they want to show in response to these themes?