

WHEN YOUR CHILD SAYS I'M FINE



Conversation starters that help kids open up without feeling pressured.

- ✓ The goal is not to force an answer. Keep the door open so your child knows it is safe to come back to you.

WHY KIDS SAY "I'M FINE"

- They may not know how to explain what happened.
- They may fear getting in trouble or losing access to devices.
- They may worry adults will overreact or contact others too quickly.
- They may need time before they are ready to talk.

WHAT TO AVOID

- "You're fine."
- "Just ignore it."
- "Tell me everything right now."
- "What did you do?"
- "I'm calling the other parent right now."
- "No more phone, ever again."

TRY SAYING THIS

- ✓ "You don't have to talk right now. I'm here when you're ready."
- ✓ "Do you want me to just listen, or help you think it through?"
- ✓ "That sounds hard. Tell me a little bit about what happened."
- ✓ "What felt like the hardest part?"
- ✓ "Would it help to talk while we walk, drive, or have a snack?"
- ✓ "You are not in trouble. I just want to understand."

QUICK REMINDERS

- ✓ Connect before you correct.
- ✓ Listen first. Fix later.
- ✓ Stay calm and curious.
- ✓ Come back to the conversation later.