



Why the way you talk to your child matters...

As parents/carers, it can be hard not to worry when you are putting your child into situations where they may feel uncomfortable. A new dance class, music lessons, nursery or school can be situations that can cause our minds to run wild. How we talk to our children is important to make sure we are not heightening their fears.

When we use language such as 'I know it's not ideal' or 'if you don't like it we can go' is telling the child that the situation they are in is not a place to be. Language like this then creates an option for your child to leave if they want to and sparks fear for them.

By re-wording these simple phrases, a chance to promote positivity and excitement can be created. Re-phrasing 'I know it's not ideal' to 'look at all the friends you can make and the toys you can play with whilst I am at work!' can instil confidence in your child and help them to realise they are OK in new situations.

If you give your child the option of 'if you don't like it we can go' this will immediately put them in the mindset of 'Oh! I get to go home if I say I don't like it'. Change the wording, 'This looks fun, we haven't tried this before, let's give it a go!'

