



The Dandiest Life LLC Building Connections



Possible conversation starters, comments, & statements to build environmental safety



- Hey *Childs name* may I be in the same room as you today and do my work? Please know, there is no expectation for you to speak to me. I just want you to know that I am here.
- I was hoping we could spend time together today! I see that you are interested in ____! There is a ____ store 15 minutes away! We can take a quiet drive then look around and maybe buy something?
- Your teacher emailed me this week and shared your most recent accomplishments: ____! Whenever you want to talk about them I am here, no pressure! I love you! Congrats We are proud of you on acheiving ____ (state the specific accomplishment, generalities seem fraudulent).
- Please know that I am always here for you. If you are uncomfortable talking with me, I respect you enough to honor your decision. When you are ready I am here. Just know I will always be your parent and provide for your needs. So let us still figure out ways to communicate the important experiences, decisions, and emotions for your health and safety... Okay, kiddo/ *or Childs Name*.
- We are going to implement some new systems within the house, my dear. I understand that it is important for you to feel safe and seen. If there are other feelings you have and need to express that I am unaware of, I am open to hear or read them... Here is a list of ways we can communicate... Let's choose which way is safe and most effective for you and we can build from there. (Parents can write or type a way of effective means: text, email, cure cards, etc....)

Personal Idea's





The Dandiest Life LLC Conversation Starters



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Personal Idea's

