

## Counselor's Corner

### How to trap your Child into Talking to You!

Do you find it a challenge to make conversation with your child? Do you feel you cannot always “connect”? Here are some things to try:

1. Start a discussion in the car. There is something about not looking directly at your child that makes conversation flow more naturally. Better to keep it light so you can focus on driving!
2. Stuck in line or waiting to be seen at an appointment? Good time to ask a specific question about what they are doing at recess, or who they sit by at lunch or what they are looking forward to.
3. Take a stroll around the block. Again, the eye contact thing. Use things around you that you see to make small talk.
4. Cleaning the kitchen. (We can dream, can't we?) You are sweeping the floor, your child is loading the dishwasher. Ask something. The distraction of the work takes the heat off of the direct question.
5. On an outing. Take your child out for a soda at a fast food place and actually sit and enjoy it. Teach them the beauty of just stopping, chatting and enjoying each other's company.
6. While reading a story to them. Draw some questions from the characters to compare to people you know. Make the story a conversation piece.
6. Is your child a morning person? Then you become one for the sake of chat. Doesn't have to be every day!
7. Night owl? Same, same. Plop yourself on your kiddo's bed and ask them about the music they like or pictures they have in their room. Just hang for a while. You may be surprised that they will tolerate that.

In our busy lives, conversation is not just for dinner anymore! Good Luck!