

Patient Information

Top Tips for Talk Time

Talk time is an opportunity to talk to your child, listen to them and understand what is happening in their lives. Being listened to makes your child feel valued and is great for their self-esteem. Work out a time when you can talk either as a family or 1-2-1. It could happen at the meal table, after school or when you come in from work – it's just great for them to know that you are paying them individual attention.

Ask them questions about their day, for example:

- How was your day?
- What did you do?
- Did anything fun happen?
- Did you manage to get out and play? Was it cold / hot / did it rain?
- Who did you play with?
- How are your friends?

Also ask them questions on their opinions:

- What music do you like listening to?
- Who do you think should win the X Factor/Bake-off and why?
- What book are you reading at the moment, what is it about?
- What are you enjoying in school at the moment?
- What are you finding more difficult at school? (Think through solutions together)

As well as getting your child to talk about day to day things, if you can get into the habit of chatting regularly with your child it may give them the confidence to talk about other things that are bothering them. Knowing that they are being listened to is great for helping them open up and sharing what is on their mind. If you can encourage them to do this, it gives them a great way of managing problems, rather than bottling it up.