



## Ways to Create Connection with Your Older Child

To try using some of these questions and statements to begin a conversation with your older child about the emotions you see expressed. Some kids will resist answering, but over time, will turn to you for empathy and support.

These conversations can be awkward at first, but with practice, they will come naturally. Here are some questions and statements that will help get you started.

### Questions for Children Over 8 Years Old

1. What are you feeling? Are there some other feelings, too? What are they?
2. What happened? What did you need when this happened?
3. What did you really wish for when this happened?
4. What would you like to say?
5. What are the feelings that make you afraid?
6. What was the worst part about it for you?
7. What was that like for you?
8. What were the highs and lows of your day?
9. What are you feeling right now?

Here are some examples of statements that you might find helpful during your child's emotional moments. We call these "exploring statements." Remember that your tone of voice needs to be gentle and interested when making these statements.

### Statements for Children Over 8 Years Old

1. Tell me the story.
2. I want to know everything you're feeling.
3. Talk to me. I am listening.
4. Nothing is more important to me right now than listening to you.
5. We have lots of time to talk.
6. Tell me what you need right now.
7. I think you're being very clear. Go on.
8. Tell me all of your feelings.
9. Help me understand your feelings a little better. Say more.
10. Tell me what you're most concerned about.