

# 4 Simple Tips to Help You Have Hard Conversations with Your Kids

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## Use Books

Books are a great way to start conversations about difficult topics because they use age-appropriate, simple, and concrete language. Plus, books help kids relate and realize they're not alone in what they're going through. Check out our Book List on our website for some of our top recommendations!

## Playful Activities

Play is the universal language of children and when you need to have a hard conversation play helps create a sense of familiarity and normalcy. Play can be through books, toys, dress up, dance, music, arts and crafts and so much more! Because play isn't scary for kids, you might even notice your kiddos processing through play on their own.

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## Consult with a Professional

Consulting with a professional can help you feel more supported and confident when supporting your kids through difficult moments. If you're unsure how to start difficult conversations, what language to use, or have any concerns or questions, The Grieving Space is here to help.

## It's Okay To Say "I Don't Know"

As a caregiver, it's natural to feel the pressure to have all the answers. But there are moments when your kids may ask creative, unexpected questions, and you might not know the answer right away. And that's completely okay! What matters most is being honest. It's always better to admit you don't have all the answers than to offer something that might not be entirely accurate.

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