



TIPS FOR TALKING WITH YOUR KIDS

During the BARN Farm Camp, we will be talking with your kids about stress and mental health, how to cope with stress, and using QPR (Question, Persuade, and Refer) to prevent suicide. However, we want you to keep the conversations going at home with each other. Below, you will find tips for talking with your kids about stress and mental wellness.

THE DO'S OF CONVERSATION

- **LISTEN.**
Stop the voice in your head, and pay attention.
- **ASK**
what support they need from you.
- **LEARN**
more about the issue.
- **NORMALIZE**
talking about stress and mental health wellness.
- **ACKNOWLEDGE**
that it's OK to experience mental health difficulties.
- **RECOGNIZE**
your fears and talk openly talk about them.

THE DO NOT'S OF CONVERSATION

- **MINIMIZE**
their thoughts and feelings.
- **USE**
statements like "You do not need to feel that way" or use terms like "crazy."
- **ARGUE**
when you experience resistance. Listen and ask more questions.
- **BLAME**
or make excuses.
- **COMPARE**
your child to their siblings or other children.

TIPS TO START THE CONVERSATION.

- I noticed you seem down this week. How are you feeling today?
- I know last week was difficult for our family. What can I do to help?
- School's been rough lately. How are you holding up?
- Life stuff is stressful sometimes. I care about you. If you ever have thoughts about hurting yourself, you can talk to me.
- I feel like you have been distant lately. I want you to know that I care about you. Do you want to talk about anything?
- There has been a lot of stress in the house lately. How stressed do you feel?