



Family Conversations: Tough Stuff

How to talk to your kids about tough topics

Before you begin:

Pray:

Come to God with your honest emotions, concerns, and stance on the issue. Reveal your fears, worry, and reasoning behind approaching the conversation with your children. Ask God for guidance, strength, and wisdom to lead the conversation in a way that is pleasing and honoring to God's creation as well as the children God has blessed upon you.

Seek Scripture:

How does God lead through this topic? How does your understanding of God affect your understanding and your response to this topic? What scriptures support this response? Use your Bible topic guide to lead you. Discover the United Methodist stance on the topic via UMC.org/whatwebelieve. Be open to exploring and sharing with your family.

Lean on Community:

Talk to your friends, peers and family members about how their conversations have gone. Let them share their horror stories and how they overcame those awkward questions or lack of answers. Perhaps they will share ideas you did not foresee. More so, you will see that you are not alone, nor need to be perfect in this journey of honesty and preparation for your children.

Throughout this process, it might be helpful to speak to a professional counselor. Redeemer Church has a connection with Counseling Connections available to help. (www.counselingconnections.org).





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Dive In:

Be Real:

Children are naturally inquisitive. Follow your children's lead and allow those conversations to flow naturally as they come up. Sometimes, our environment create opportunities to discuss hard realities. If you feel led to speak about these topics, do so. Let your children know why you want to talk about this topic and and share your emotions tied to the topic. Share your experiences, personal connection and struggles. Be honest and direct, calling things what they are and be ready for further questions. You decide how much to share with consideration of the other's awareness and participation within the conversation.

Allow Questions:

Throughout the conversation, allow your children to interrupt with questions. Assure them their voice is welcomed and heard. Admit you do not have all the answers, yet are willing to find them together. Affirm their inquiry and keep the conversation lines open for future and further discussion on the topic. Most conversations worth happening should happen regularly.

Take Action:

Schedule time to revisit the conversation and topic. Allow time for your children time to process the discussion, form questions, their own ideas, and come back to you for further guidance. Very few concerns are relieved in one conversation. Keep communication open, honest, and centered on God's love over personal gain.

