

What Parents Say About Communication



Resilient Parenting
FOR BEREAVED FAMILIES

It can be challenging to start doing something new and it can help to have an idea of what the benefits may be. Here are some things parents and caregivers have said about how the Four Talk to Me's have had a positive impact on their families.



“Using the Talk to Me's made my daughter feel like she had someone she could talk to, she felt like she has somebody that she can go to whenever she was in trouble, whenever she was feeling sad or whenever she just needed a little tender love.”

“Being conscious and having some time where you are listening fully while looking at them and making eye contact with them helps with their self-esteem, helps with the reassurance that you're present and you're fully listening.”

“The Talk to Me's helped me to open the door to topics I probably wouldn't have wanted to maybe bring up otherwise, or maybe I've been avoidant, or I didn't know how to bring them up.”

“It's easy when you're stressed or feeling down to, you know, be washing the dishes and let them talk to you and not fully be there, but they need you to fully be there. And so it was really just having that conscious thought of, 'I have to stop what I'm doing, and look at them and give them my undivided attention.'”

“When I'm grieving, I don't make a lot of eye contact and. . . you're there and you want to connect, but a lot of times you feel like you want to be alone, and kinda out like in space, even though you're physically here. So the Talk to Me's were helpful because they were specific about going to your child, making eye contact, listening, and asking questions to prompt them to have a conversation with you.”

“The Talk to Me's made a difference in my family as it really opened up the communication with me and my children. . . it taught me to communicate in a way where I was listening, rather than kind of overpowering the conversation.”

MODULE 3: Listen to Your Children So They Will Share More

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