

YOU CAN BE A CONVERSATION ROCKSTAR!

DOOR OPENERS VERSUS DOOR CLOSERS

Being an askable parent and caregiver means inviting a two-way conversation with your child(ren). Responding in a non-shaming, non-judgmental way may take practice but it's important. Affirming their questions and providing accurate information keeps the door open for further conversations. Here are a few simple examples of Do's and Don'ts for dialogue.



DOOR OPENERS

AFFIRMING, OPEN, HONEST, LISTENING TO UNDERSTAND.

- ✓ That's a great question. Tell me what you know about that.
- ✓ What do you think? I'm interested in your opinion.
- ✓ Wow, that's such an important question and I'm not sure how to respond. Let me think about it and I promise to follow up.
- ✓ I'm not sure of the correct answer and I don't want to mislead you. Let's research it together.
- ✓ I like how your brain works. Tell me what you're thinking. What have you heard/seen?
- ✓ You're thinking about important stuff. Let's chat about it.
- ✓ That's a tough one. I'm listening to understand. Can you tell me more?
- ✓ I'm so glad you asked about that/told me about that.



DOOR CLOSERS

MISSED OPPORTUNITIES, SHUTTING THE TALK DOWN, SHAMING, USING FEAR TO CONTROL.

- ✗ You are too young to be asking that. Why are you asking that?
- ✗ Why?? You should know better.
- ✗ Did your friend "so-and-so" put you up to this? That's a ridiculous question.
- ✗ You better not be thinking about that!
- ✗ Go ask your daddy/mommy.
- ✗ You should know better. That has serious consequences!
- ✗ Whoa. That's on a need to know basis and it's not now.
- ✗ Did you see my face right now??!! Forget it.

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.com