

## PARENTAL AWARENESS UTILIZING STRATEGIC ENGAGEMENT



### EDUCATE

Educate yourself about what might be going on with your child

Look for warning signs, like wearing long-sleeved t-shirts in warm weather, hiding phone or computer screens, or isolation.



### PLAN

Where should the conversation take place?

What do you want to communicate to your child?

Why is this conversation important to have?

What tone will you have in your conversation?

Have a calm attitude before engaging in conversation. Do not engage at the height of your emotions.



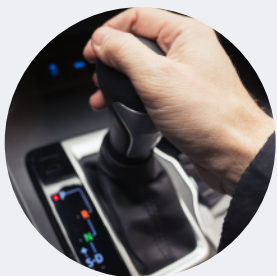
### ENGAGE

Use "I" statements rather than "you" statements. I.e. "I feel..." rather than "You are/don't..."

Be open to silence if your child doesn't have an answer to a question or doesn't want to talk.

Have a nonjudgmental attitude as your child shares their truth.

Listen to your gut, and ask the questions you feel prompted to.



### ADJUST

After the fact, reflect on the conversation and shift your approach and questions. Make adjustments as needed.

Parents can have a major impact on their child's lives. This vital relationship positively impacts a child's physical, mental, and emotional well-being, not only throughout childhood and adolescence, but also into adulthood. Parents who actively practice PAUSE can engage their children in foundational and potentially lifesaving conversations surrounding serious topics like drug and alcohol use, mental illness, and suicide. ©2019 Core IQ. All rights reserved.