

Acknowledge without minimizing

Make Room for a Difficult Feeling | Offering support

"I can understand why that felt difficult. You don't have to handle it alone."

Use these prompts for your own preparation. Leave out identifying details you do not need.

The experience my child described

The feeling I can acknowledge

A phrase that avoids minimizing

The support they may want

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.