

# Talking points and tips for parents

## YOU ARE YOUR CHILD'S BEST RESOURCE!

- Notice verbal and non-verbal cues. If you feel they are acting differently, check in with them.
- Give them space to choose when they are ready to talk but let them know you will be ready when they are.
- Offer suggestions of how they can manage their emotions (what works for you?)
- Be sure to listen, fully and attentively.
- If your child would benefit from additional support, consider individual counseling.
- For more, visit: [Resilient Lehigh Valley](#) or the [EHS Wellness Resource page](#)