

Kid Edition



“SAY THIS” Not THAT

**Conversation prompts to help parents
during difficult times.**

**WHAT TO SAY
WHEN YOUR
CHILD IS**

Being bullied. • Experiencing rejection. • Constantly fighting with their sibling.
Struggling with learning. • Grieving the loss of a pet. • Experiencing a difficult teacher.
Bullying someone. • Struggling to make a friend. • Afraid of the dark. • Taking a test.

BEING BULLIED

“ SAY THIS

Thank you so much for telling me. I know this can be scary.

Let's talk about a couple of responses, and let's act out one so you can practice.

Let's list the adults who are safe that you can ask for help.

Let's pray for your safety, but let's also pray for your bully.

I believe in you and support you. This is not your fault. I am right here with you, and you are not alone.

✗ Not THAT

It's not that big of a deal. Just ignore them.

What?!? How dare they? You just wait to see what I do to them.

Can't you stand up for yourself?

Everything will be okay.

EXPERIENCING REJECTION

“ SAY THIS

I'm so sorry your friends are treating you this way. I have experienced feeling this way too. When I was in ___ grade, I (share a personal example). So I understand what it is like. It's not easy.

I am sad with you.

✗ Not THAT

Why are they treating this way? Find out what you did wrong so you can make it better.

Welcome to the world, kid. Deal with it.

Want to have some friends over so they can see what it feels like?

CONSTANTLY FIGHTING WITH THEIR SIBLING.

“ SAY THIS

I've noticed there is more and more fighting taking place with your sister/brother. I want both of you to take some time to think about what it's like to be the other sister/brother and give me one example of how you think they feel. What is one thing you think they want to see change?

Let's look at what you two are fighting about. Each of you takes a minute and say what you need and what you hope is the outcome.

Let's define what is and is not okay for each of you moving forward.

✗ Not THAT

Why can't you be like the _____ family? They never fight.

All I've ever wanted is for you to get along.

Guys-cut it out, or you'll wish you had.

Why can't you be like the other sibling?

I am so mad at you.

STRUGGLING WITH LEARNING

“ SAY THIS

Thank you so much for sharing this with me. You are not alone.

Let's take a brain break, go outside, and get our wiggles out. Once we've given our brain a chance to play, let's try again.

Is there someone like a teacher or older student with who you would be comfortable asking for help?

How can I help you at home? Let's look at the space you study and when you study to see what we can do.

✗ Not THAT

This is so easy. You need to try harder.

Just figure it out. Get your act together.

GRIEVING THE LOSS OF A PET

“ SAY THIS

I miss Fluffy too. She was such a sweet pet. Just the other day, I was thinking of her/him.

Do you want to look at some pictures of when we had Fluffy?

Do you want to draw or color a picture for me? I would love one of Fluffy.

✗ Not THAT

You need to get over it. It was just a dog. We can get another one.

I am glad it's gone. It's saved me so much money.

EXPERIENCING A DIFFICULT TEACHER

“ SAY THIS

Thank you for sharing this with me. I know it isn't easy with Ms/Mr _____. When I was in elementary school, I struggled with _____. I can understand how hard it is.

As an adult, you may have a boss at work that you don't like. Learning how to be with a difficult teacher for a year will give you lots of learning time to prepare you. Let's talk about what is within your control to change.

✗ Not THAT

That teacher doesn't know what she/he is talking about. You don't have to listen to her/him.

Don't worry. You will soon have a different teacher. I'm meeting with the principal.

BULLYING SOMEONE

“ SAY THIS

Making fun of someone shows something is going on within you, so let's find out together. Why did you choose that person? When you did it, how did it make you feel? What were you hoping would happen?

The reason why people bully is that it points to something they need or struggle with themselves. Let's find out together what is going on because I really care for you.

✘ Not THAT

Just stay out of trouble.

I can't believe you did that. You are such a... (then bully them with words).

Don't you know better? What kind of kid are you? I expected better.

STRUGGLING TO MAKE A FRIEND

“ SAY THIS

Sometimes making a friend takes a little time. It's okay that it takes time.

Let's pray together and ask God to help you find a friend soon.

You keep being yourself and look for someone who could use a friend.

List the things that you are interested in. Now let's list others who share those interests too.

✘ Not THAT

Making friends is easy.

I had tons of friends when I was your age.

You just need to try harder.

AFRAID OF THE DARK

“ SAY THIS

Being afraid of the dark is super normal. There are lots of kids who are afraid of the dark. Grownups too!

I don't like not being able to see things well when it's too dark.

Let's see about adding some light to your room if you would like.

✗ Not THAT

Stop acting like a baby.

Big kids aren't afraid of the dark.

You need to learn how to sleep in the dark -time to grow up.

TAKING A TEST

“ SAY THIS

You have worked very hard to get ready for this test. Take a deep breath before you start, and trust your hard work.

No matter what happens, I respect you and am proud of your hard work.

If you feel a little nervous, that's okay. It's normal. When I was in _____ grade, I would do _____ before a test.

Can I pray for you before you go to school?

✗ Not THAT

I need you to study on the way to school and keep studying until the test starts. Focus. Focus.

What you make on this test really matters. We want nothing less than a _____ or else.

Your grades are all you have, and they define who you are. You come from a family that doesn't accept failure. Do not mess this up.

If you don't know it, find a way to get the answer.

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