MindPeace

FRIENDSHIP MATTERS SERIES

Let's Talk About Friends

Listen first, so your child keeps coming back

For families · All ages



As kids grow, they turn to friends more for support, and they still need a caring adult in their corner. Most of the time, kids want to feel heard before they want solutions.

Six ways to keep the conversation open

1 Give full attention

Put the phone away so your child knows they're your priority.

2 Listen, don't fix

Offer understanding first. Save advice for when they ask, especially with teens.

3 Stay calm

Hear the whole story first, even if you have opinions about a friend.

4 Name the feeling

"That sounds disappointing." Naming feelings shows empathy and calms them.

5 Get curious

Ask what's good, what's hard and what kind of friend they want to be.

6 Coach, don't direct

With teens, ask "What do you think you'll do?" to build confidence.

Conversation starters to try

- "Who did you sit with at lunch today?"
- "What makes a good friend to *you*?"
- "Who made you laugh this week?"
- "What could you say if a friend does or says something to make you feel uncomfortable?"

Good to know: Praise specific good choices, and step in if there's ever a risk of danger.

Sources

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