



LET'S BE
CLEAR

THE
REMEDY
LIVE

HOW TO TALK WITH YOUR KIDS ABOUT THEIR MENTAL HEALTH

RemedyLIVE.com/letsbeclear

01**ASK, HOW
ARE YOU
REALLY?**

Check in on your kids often. Don't just ask how are you? Ask, how are you really? Make your home the safest place possible for every emotion and the space your kids need to sort through them.

02**LEARN TO
LISTEN WITH
EMPATHY**

When they do confide in you, listen. Don't say too much, minimize their problems, or try to solve them. Make sure your kids know you are there to listen. It means more than you know.

03**TALK
ABOUT
HABITS**

They won't always like it, but talking about habits helps to establish boundaries and good habits--especially when it comes to technology. Bad habits can have a drastic impact on their mental health.

04**BE SURE
THEY HAVE
MENTORS**

It's a hard reality for most parents, but the truth is that sometimes you are not the person they want to talk to. So be sure your kids are surrounded by other mentors and people who can speak into their lives.

05**AVOID
JUDGMENT**

Now, when they finally reveal some of their struggles, it just might be something you didn't expect or even know how to handle. However, don't react, judge, or condemn. It's the fastest way to lose their trust.

06**BE
PATIENT**

What happens when you ask how you are really and the response you get is "fine" or "I don't know?" It will happen. Just be patient. They know you are there and will open up when they are ready.