



## **Talking about difficult topics**

### **Top Tips**

Talking about life-changing topics

Before starting the conversation, there's a great deal to get straight in your own mind:

- When and where to have the conversation – choose somewhere that will be comfortable for you both with no interruptions.
- If you have children of different ages, will you speak to them together or separately.
- Who else should you tell before your child, so they can be ready to give emotional support.
- Think about the sorts of questions your child's likely to ask you, so you can have the answers ready.

For more information go to:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/>