



### Conversation Goals

To create a relaxed tone that will make future conversations easier, to encourage healthy behaviors, to establish yourself as trustworthy, and to help your child deal with stress, anger and other uncomfortable feelings.

### Conversation Starters



- When are medicines “safe”? When are they “unsafe”?
- What does it mean to be a grown-up?
- Who are the grown-ups you can trust?
- What are some yummy things that you should put into your body? What are some yucky things that you shouldn’t put into your body?

### Talking Tips

- 1 Look for teachable moments throughout the day so that conversations feel more natural.
- 2 Establish healthy routines at home, and use family activities as a way to build a stable, reliable foundation for future conversations.
- 3 Keep medicine and alcohol out of reach and out of sight of children (i.e., high up, in locked/child-proof cabinets).
- 4 Explain the reasons people take medicine and how/when it should be used. Explain that medicine should only be used when necessary and not taken for minor problems.
- 5 Model healthy behaviors! Work hard to ensure that your actions match your words.