



## Talking to Your Kids

Change can be stressful for children. Summer is a great time for parents to talk with their kids to prepare them for starting a new grade or a new school.

Helpful tips:

- Make time for one on one.
- Some kids find it easier to talk in the car, over dinner or before bedtime when it's quiet.
- Ask your child how they feel about the next school year. Listen to what they have to say.
- Make eye contact, be patient and don't interrupt.
- Tell them what they are feeling is normal.
- Help them find what may be causing them stress.
- Remember to always listen, listen, and listen!

Make sure children get enough rest, a healthy diet and exercise. As the summer nears to an end, try to get your child back on a school routine of earlier bedtime and morning waking. This way when September arrives everyone is refreshed and ready!

For more information contact Ottawa Public Health at 613-580-6744 or visit [www.ottawa.ca/health](http://www.ottawa.ca/health).