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Parenting prompts for tackling **tricky topics**

PARENTING PROMPTS

In life

"Tell me about something that made you laugh recently."

"Is there anything I can do to support you better?"

Mental health

"Is there anything you've noticed that helps with your stress levels?"

"What would you do if you were worried about your mental health?"

Internet safety

"How do you know whether something you see or read online is true?"

"Do you think online age restrictions are helpful?"

Self-reflection & emotions

"What's something you've done that you're really proud of?"

"What's your favourite thing about yourself?"

Future planning

If you could invent one thing, what would it be?

"What kind of impact do you want to have on the world?"

Body image

"What are the effects of making nasty comments about people's looks?"

"What are you grateful for about your body?"

Friendships & interactions

"What's the best way to handle disagreements with someone you love?"

"What are the signs of a good friend?"

Identity

"What makes you unique?"

"Is there anything I could do to help you feel safer?"

For more help with parenting challenges, try our Empowered Parenting Course Bundle: **Flourish.co.uk/bundles/parenting**