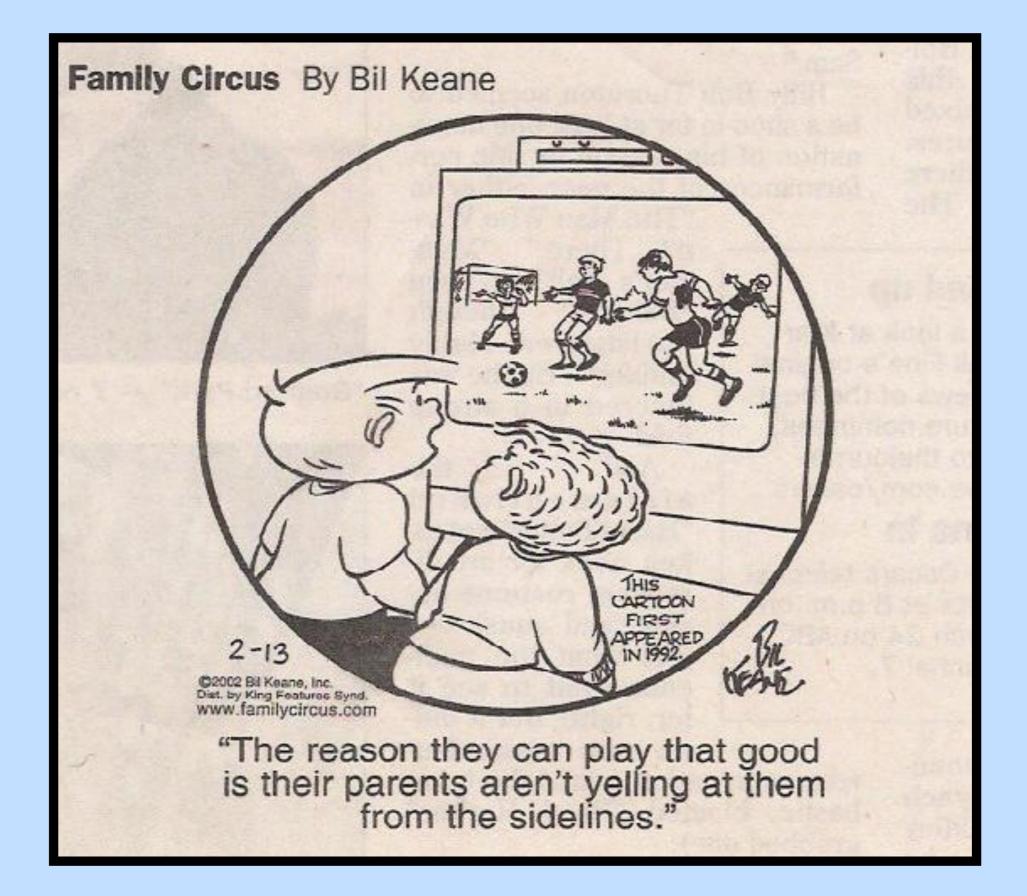
How to Talk with Your Grandchild About... Almost Anything

> Kevin T. Kalikow M.D. October 2022





- What's the nature of your relationship?
- Who's asking you to speak?
- What's the age of the child?
- What's the child's personality & skill set?
- Psychiatric disorder?
- What's your personality & skill set?
- What's the issue to be discussed?
- What's your goal?

Accept that You Can't Control Their World

Build A Trusting & Safe Relationship

Choose the Right Setting & Follow Their Lead

This is Sacred Time. LISTEN.

Pay attention. Don't talk too much. Don't interrupt. Put down the newspaper. Shut the TV. Shut the video game. Shut your cell phone. Shut their cell phone.

Sounding Judgmental Never Works

Affirm Their Emotions

Monitor Your Own Emotions

Know Your Child

Tell Your Stories

Their World IS Different

If You Contradict their Parents... Do So Carefully

Stay Alert for Anxiety & Depressive Disorders

Do Something to Solve the Problem

Appreciate THEIR Abilities & Insights

Grandparenting: Your Life Changing Opportunity

Thanks for Listening!