

5 Tips

to Talk With Your Child About Their Diagnosis



**Choose The
Right
Time And
Place**



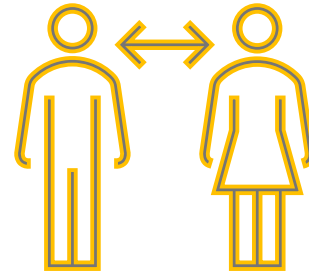
**Be Honest
And
Open**



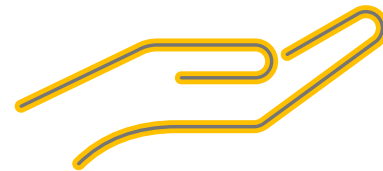
**Encourage
Questions And
Emotions**



**Use
Age-Appropriate
Language**



**Focus
On
Abilities And Support**





It's important to talk to your child about their diagnoses — whether it's:

- mental health issue
- physical illness
- learning disability.

Here are four helpful tips to talk with your child on their diagnosis:





Example: Choose a quiet corner in your home where you and your child can sit comfortably without interruptions. Turn off electronic devices and create a calm atmosphere conducive to open communication.



1: Choose the right time and place

- It's essential to pick a suitable time and place for discussing your child's diagnosis.
- Find a moment when both you and your child are calm and can have a private conversation without distractions. This might be after school, during a quiet evening at home, or on a weekend outing.
- Avoid discussing the diagnosis in public places or during times of stress, such as before bedtime or when rushing to get somewhere.



Example: If explaining a diagnosis of autism to a younger child, you might say, "Your brain works in a special way that makes you unique. Some things might be a bit harder for you, but we'll learn together how to help you with those things." For an older child, you can provide a more in-depth explanation about autism spectrum disorder and its characteristics.

2: Use Age-Appropriate Language:

- When talking to your child about their diagnosis, it's crucial to use language that they can understand based on their age and level of comprehension.
- Younger children may need simpler explanations using familiar terms, while older children can handle more detailed information.



Example: If your child has been diagnosed with attention deficit hyperactivity disorder (ADHD), you might say, "The doctors have discovered that your brain works a little differently, and they call it ADHD. It means you might have trouble paying attention or sitting still sometimes. But don't worry, we'll work with doctors and teachers to find ways to help you focus and thrive."



3: Be Honest and Open

- Honesty is key when discussing a diagnosis with your child. Be truthful about their condition in a gentle and supportive manner, emphasizing that you're there to help and support them every step of the way.



Example: Regardless of the diagnosis, emphasize your child's unique talents and qualities. You might say, "Even though you have [diagnosis], you're still the same amazing person with so many talents. We'll figure out ways to support you and help you succeed in everything you do."

4. Focus on Abilities and Support:

- While discussing the diagnosis, focus on your child's strengths and abilities rather than solely on the challenges they may face. Let them know that there are treatments, therapies, and support systems available to help them navigate their diagnosis and reach their full potential.

By following these tips and providing a supportive environment, you can have an open and honest conversation with your child about their diagnosis, helping them feel understood and empowered.

