



When you are away...

Phone Calls with Children

Before the Call

- Plan a time to call when the child is likely to be free to talk.
- Brainstorm what you'd like to talk about – What are 3 things you want to be sure to tell or ask the child?
- Ideas: school, activities, friends (See Conversation Starters.)

During the Call

- Remember that the child is a child – keep the focus of the conversation on them and child-appropriate topics.
- Focus on the child, encourage child to talk about feelings & experiences.
- Help the child identify feelings - children don't always know what they are feeling or why.
- Help them label their emotions. Example: "It sounds like you are feeling ___." (Sad, lonely, happy, excited)
- Recognize the child's feelings – let them know it's okay to feel that way.
- Ask questions – "What happened?" or "What could we do?"

End of the Call

- End conversations on a positive note.
- Come up with a special phrase you can both say at bedtime or something you will both do at the same time each day.



Photo: Andrea Piacquadio, Pexels

After the Call

- Take a minute to think about how the call with the child went and what you might try differently next time.
- If possible, send the child a letter. (See Letter Writing Tip Sheet.)

Conversation Starters: Ask your children questions you think would be fun for them to answer. Continue the conversation by asking for more details. Share your answer to the same question – be descriptive. Use your imagination. Have fun with the conversation!!!

If you could make your whole house out of food, what food would you use? Why?



Si pudieras construir una casa de comida, ¿qué comida usarías? ¿Por qué?

What was your favorite part of the day?



¿Cuál fue tu parte favorita del día?

What do you want to be when you grow up? Why?



¿Qué te gustaría ser cuando seas grande? ¿Por qué?

Who is your best friend? What makes them a great friend?



¿Quién es tu mejor amiga(o)?
¿Qué es lo que hace que sea una gran amiga(o)?

If you could be any animal, what would you be and why?



Si pudieras ser un animal, ¿cuál animal serías y por qué?

What is your favorite thing about yourself?



¿Qué es lo que más te gusta de ti mismo?

If you had wings, where would you fly? Why?



Si tuvieras alas, ¿a dónde volarías?
¿Por qué?

What is your favorite thing to do?
What do you like best about that activity?



¿Qué es lo que más te gusta hacer?
¿Qué es lo que más te gusta de esa actividad?

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If you were a mom or dad, what is the first thing you would do?



Si fueras una mamá o un papá, ¿qué es lo primero que harías?

What is your favorite thing to do on a snowy day? Why?



¿Qué es lo que más te gusta hacer en un día de nieve? ¿Por qué?

What do you want to learn more about?



¿Sobre qué tema te gustaría aprender más?

What are three good things that happened to you today?



Háblame de tres cosas buenas que te sucedieron hoy.

What is your favorite thing to do with your family? Why?



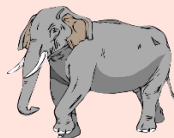
¿Qué cosa es lo que más te gusta hacer con tu familia? ¿Por qué?

Who is the nicest person you know? What does this person do that is so nice?



¿Quién es la persona más amable que conoces? ¿Qué hace esta persona para ser tan buena?

What is your favorite animal? If that animal could talk, what would it say?



¿Cuál es tu animal favorito? Si ese animal pudiera hablar, ¿qué diría?

What is your favorite thing to do



¿Qué es lo que más te gusta hacer en un día cálido y soleado? ¿Por qué?

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