

5 Step Guide For Difficult Conversations

EXPLORING YOUR CHILD'S DISABILITY WITH THEM



Awareness of Self

Address your own feelings
Find support
Ensure everyone is on the same page
Educate and research the disability

1



Focus on Strengths

Be positive
Choose your words carefully
Talk about things they are good at
Find role models with a disability

2



Acknowledge Difficulties

Focus on the child
Validate their feelings
Create solutions for problems together
Allow them time to understand their feelings

3



Ongoing Conversation

Break down information for easier understanding
Use age appropriate language
Encourage questions
Use factual words

4



Supports

Explore support groups
Talk to members of the community
Discuss with your family
KY-SPIN can help

5

