

A P A R E N T ' S
T O
G U I D E

Tough Conversations

axis

In This Guide . . .

- **Life is scary—which is precisely why our kids need us to talk about it.**
- **What topics should I address when my kids are young?**
- **How do I initiate difficult conversations with my kids?**
- **What should I avoid when it comes to tough conversations?**
- **How does the age of my kids affect how I approach these conversations?**
- **What else should I consider when having tough conversations?**
- **What if my kids are teens and I haven't laid the groundwork for these conversations?**
- **What should I do if I mess a conversation up?**

- **What are specific ways to reach out to Gen Z?**
- **Anything else I should know?**
- **Recap**
- **Conclusion**
- **Related Axis Resources**
- **Additional Resources**