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# Your Daily Practice

## Episode 41

Help Your Kids Become Confident, Kind, Problem Solvers by  
Talking With Them With Dr. Rebecca Rolland

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Communicating more effectively with your kids at every age, whether they're a six-month-old or a 16-year-old, will strengthen their learning, confidence and perspective taking.

### Practices to try this week:

1. **Have a conversation about their interests**
  - Ask them about something they enjoy doing, watch them doing it, explore their inherent motivation.
2. **Have a conversation where you don't have the answers.**
  - Ask questions and go on a journey together to answer them.
3. **Have a conversation about something that is difficult or challenging.**
  - Encourage your kid to look inside and express how they feel. Give space so that you aren't doing all the talking.