

WELLED FOR CONNECTION

LOVING OURSELVES AND OUR KIDS THROUGH  
HARD CONVERSATIONS LIKE LGBTQ+ TOPICS

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Parents,  
this is HARD!

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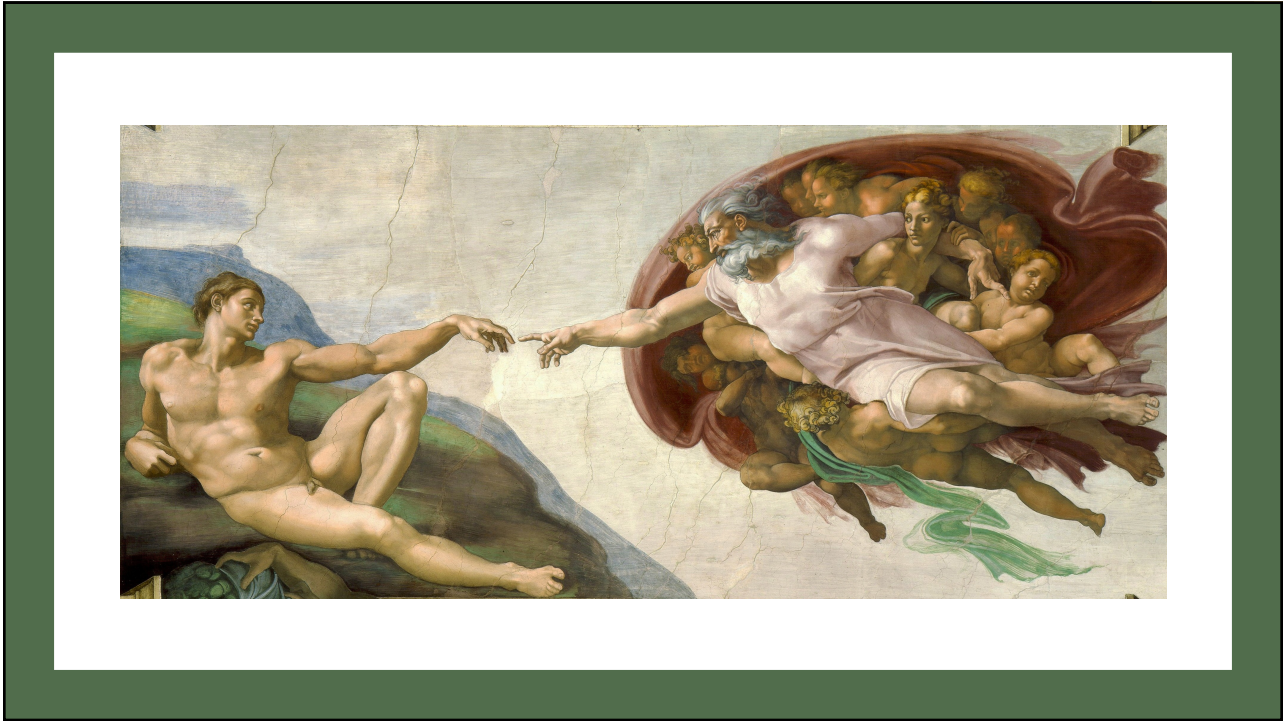
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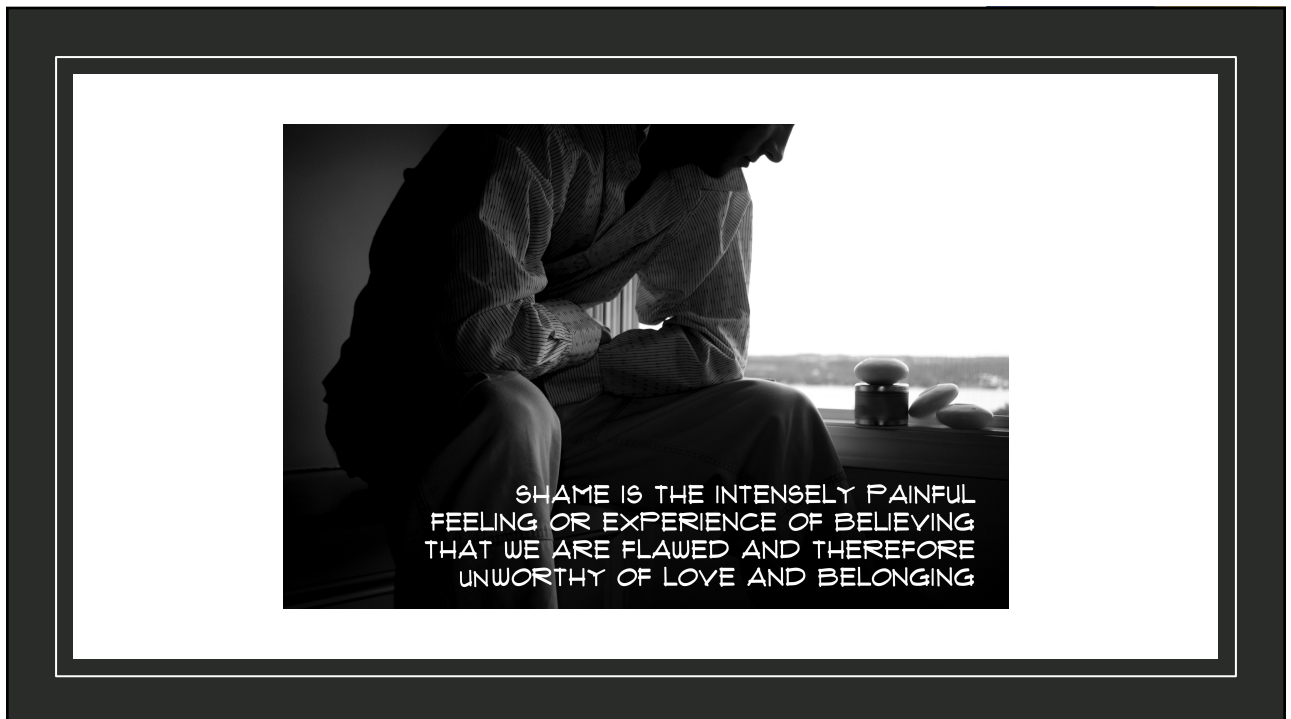
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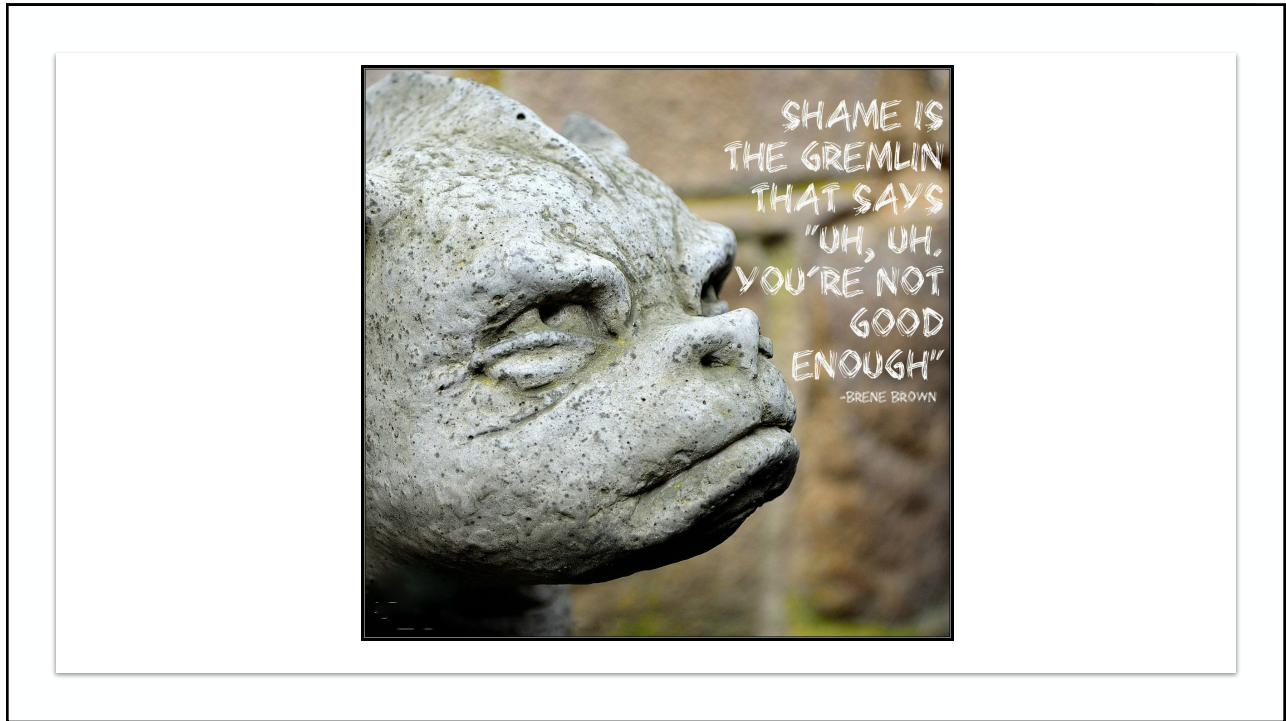


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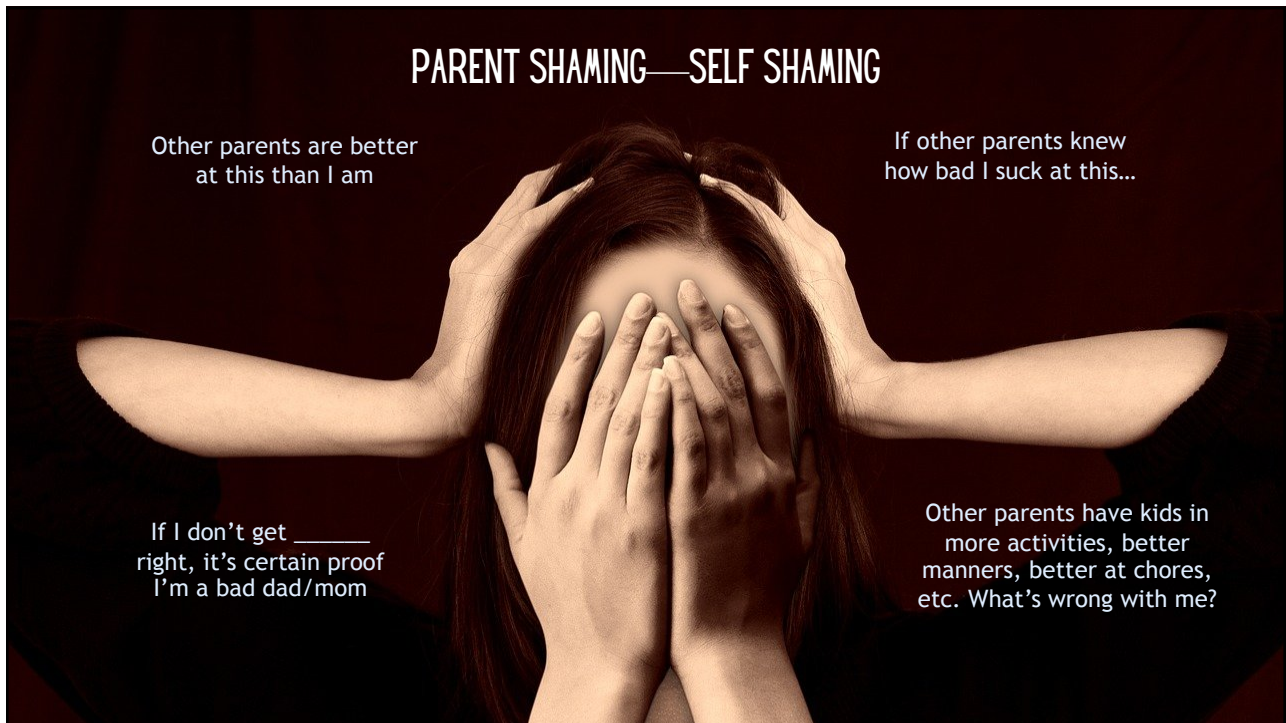


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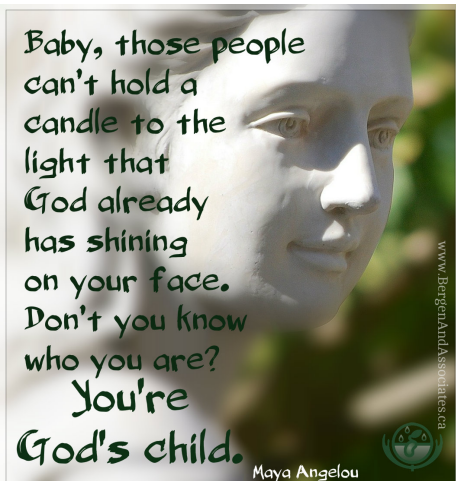




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Don't work to be  
your child's  
hero—you  
already are. Even  
if they won't let  
you know it!

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## Don't look to have all the answers

- ▶ Listen more than you talk
- ▶ Invite questions
- ▶ When age appropriate—offer to research together
- ▶ Continue the conversation

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Parenting is always imperfect:  
Know that you are going to  
make mistakes

And when you realize there's  
been an error—correct it so that  
you're stronger together

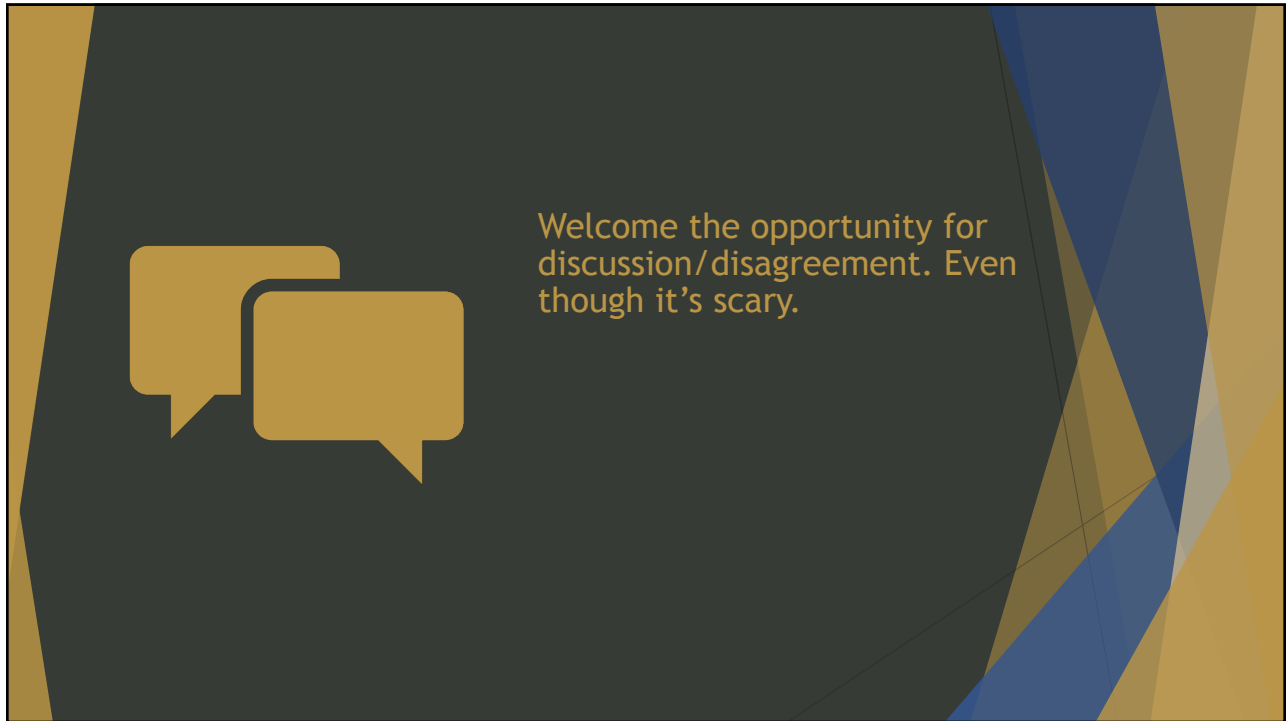
SO THAT'S MY WISH FOR YOU, AND ALL OF US,  
AND MY WISH FOR MYSELF.

## MAKE NEW MISTAKES

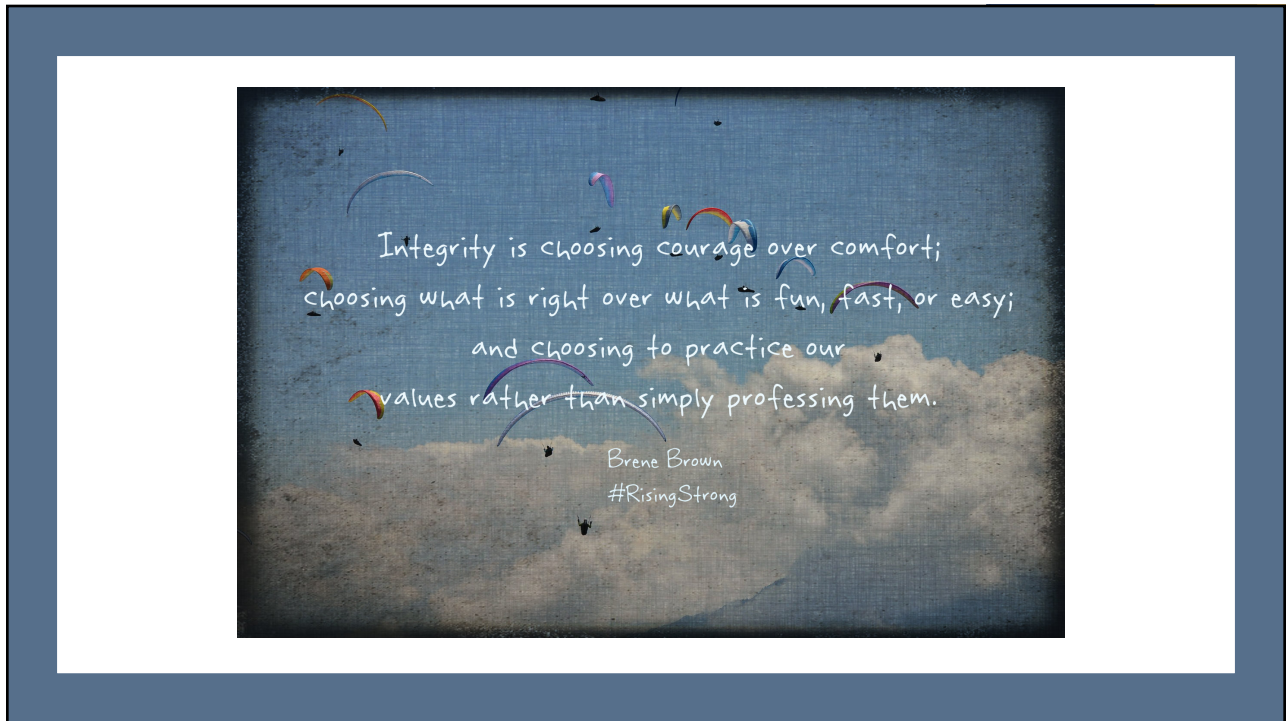
MAKE GLORIOUS, AMAZING MISTAKES.  
MAKE MISTAKES NOBODY'S EVER MADE BEFORE.  
DON'T FREEZE, DON'T STOP, DON'T WORRY  
THAT IT ISN'T GOOD ENOUGH,  
OR IT ISN'T PERFECT, WHATEVER IT IS.  
ART, OR LOVE, OR WORK OR FAMILY OR LIFE.

NEIL GAIMAN

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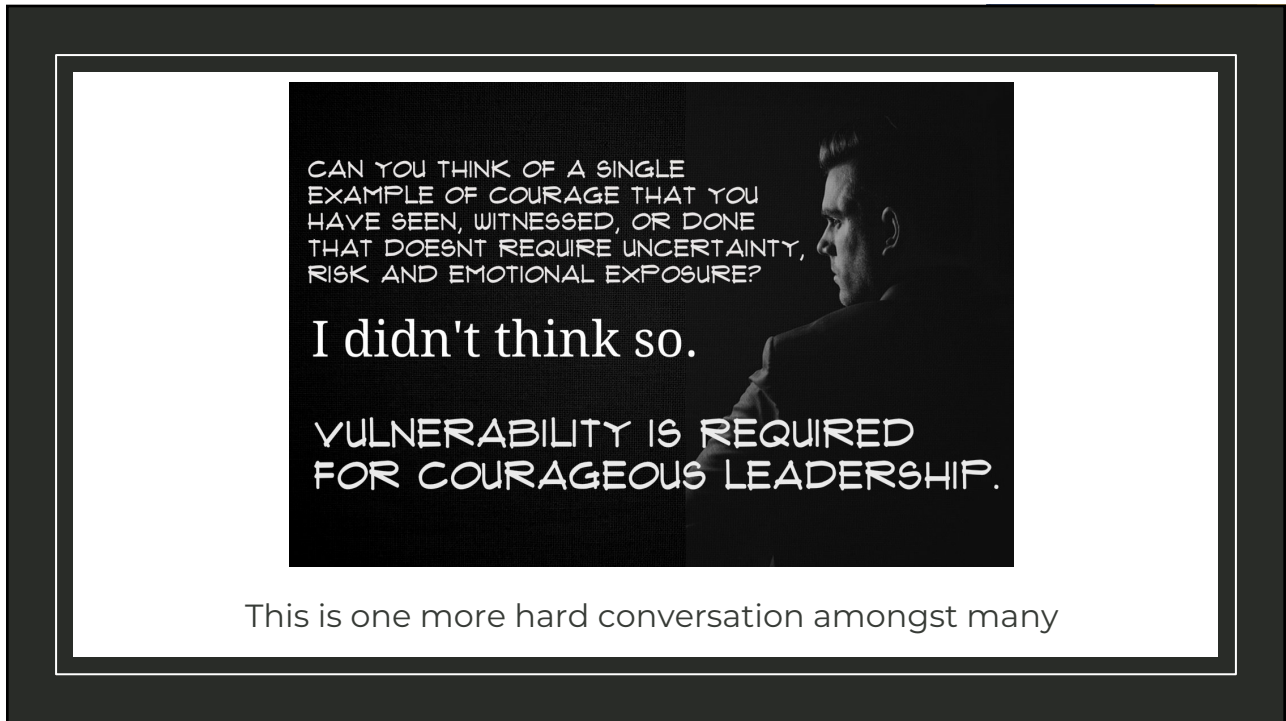


Welcome the opportunity for discussion/disagreement. Even though it's scary.

Your child is learning about how safe you are, how much they can trust you to express their thoughts and ideas.

Conversations are a series of chapters.

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CAN YOU THINK OF A SINGLE EXAMPLE OF COURAGE THAT YOU HAVE SEEN, WITNESSED, OR DONE THAT DOESNT REQUIRE UNCERTAINTY, RISK AND EMOTIONAL EXPOSURE?

I didn't think so.

VULNERABILITY IS REQUIRED FOR COURAGEOUS LEADERSHIP.

This is one more hard conversation amongst many

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Know that the feeling they leave the conversation with is more significant than the information

"MOST OF US THINK OF OURSELVES AS THINKING CREATURES THAT FEEL, BUT WE ARE ACTUALLY FEELING CREATURES THAT THINK."

JILL BOLTE TAYLOR

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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
— Maya Angelou

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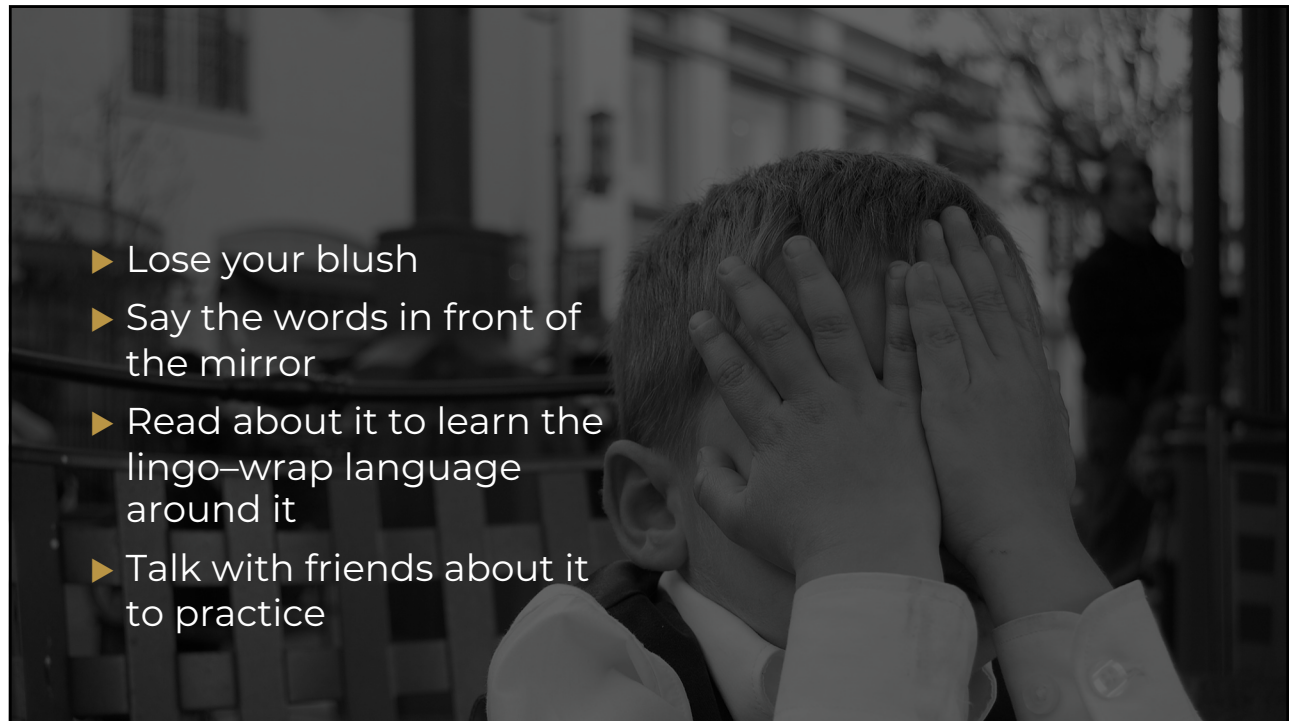


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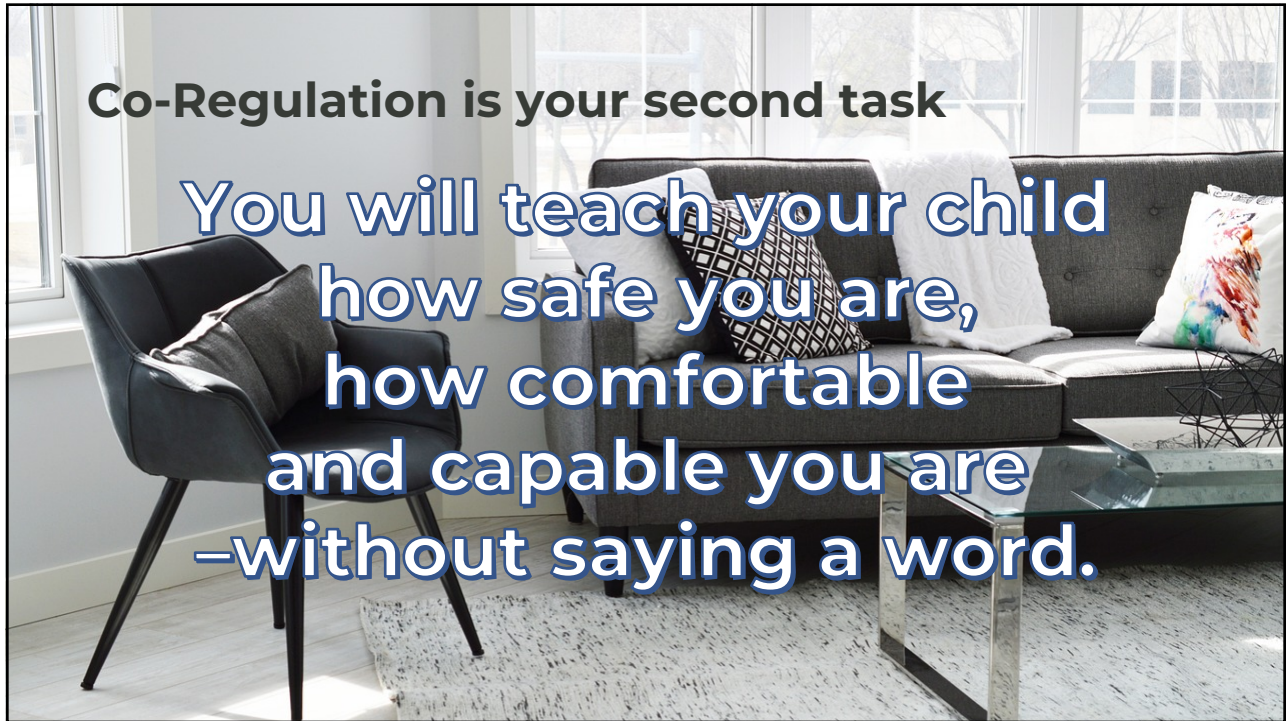
- ▶ Lose your blush
- ▶ Say the words in front of the mirror
- ▶ Read about it to learn the lingo-wrap language around it
- ▶ Talk with friends about it to practice

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**Co-Regulation is your second task**

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## Give space—time for a deep breath

Kids are encouraged to “declare” at an age that is unprecedented

What was once a private status now has become very public

Declaring a status is a way to belong in a world that is very silo’ed

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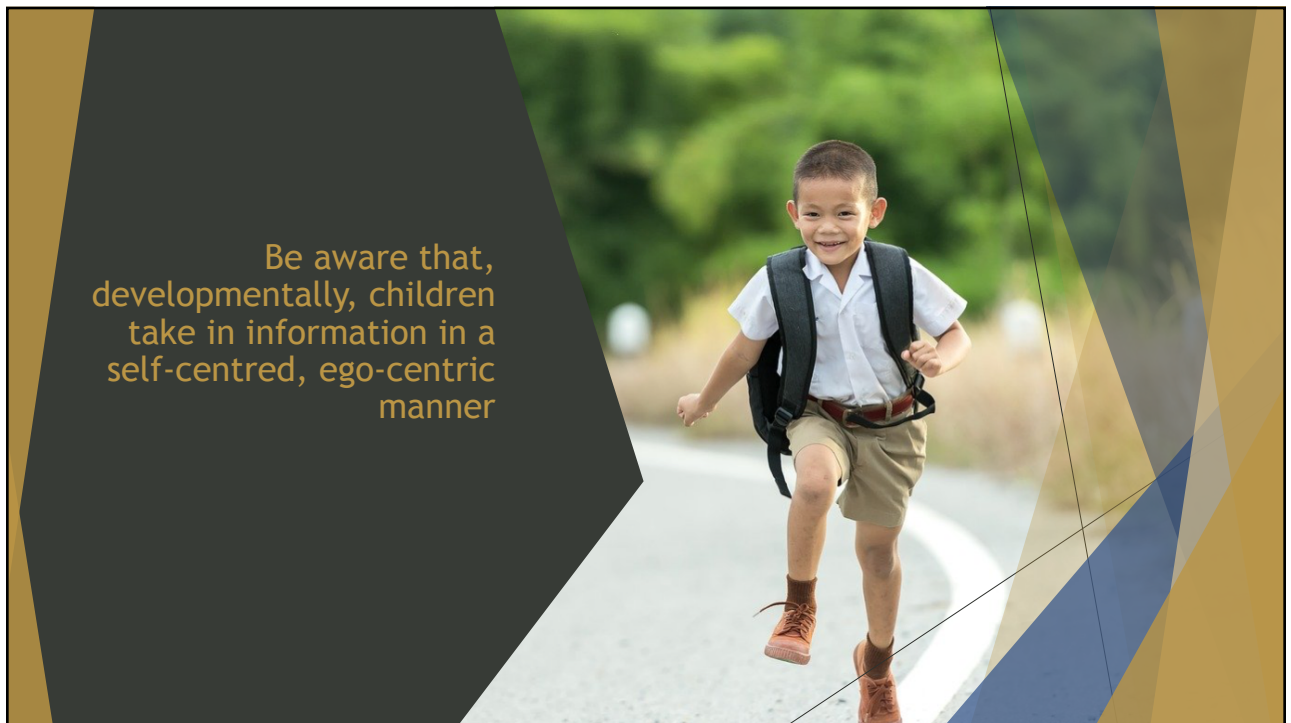
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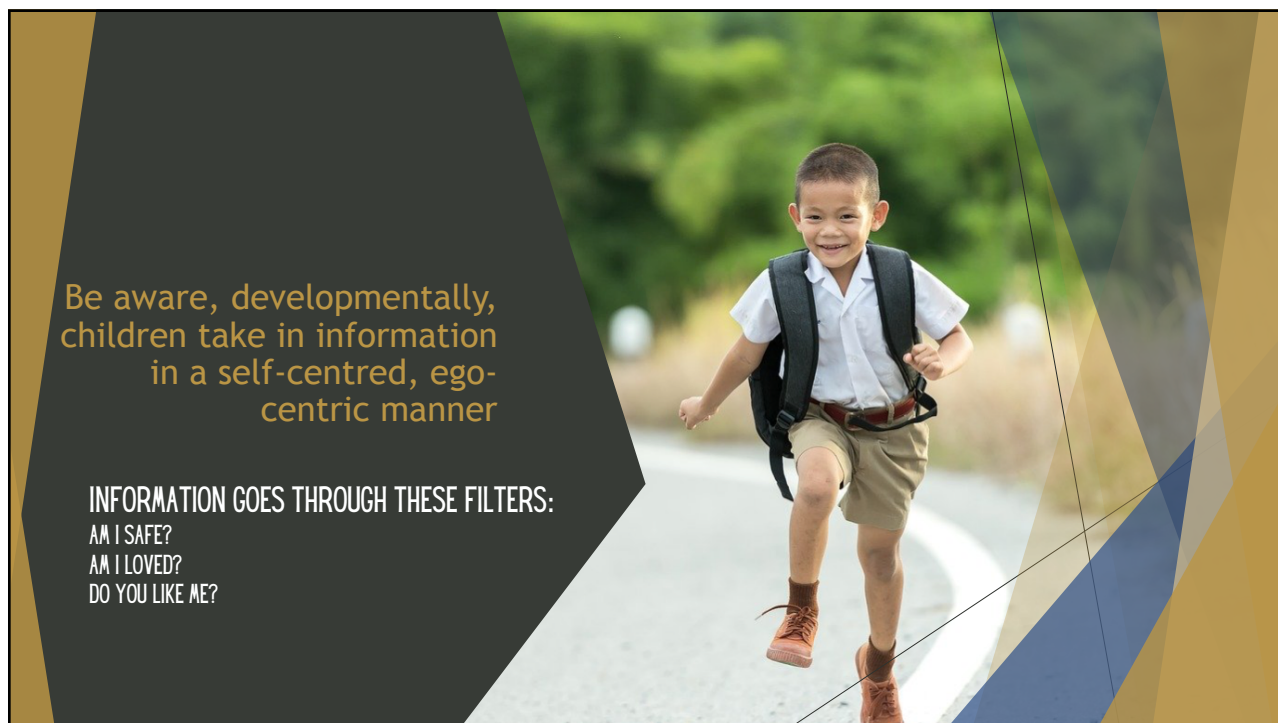
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Know that your children **are** having these conversations

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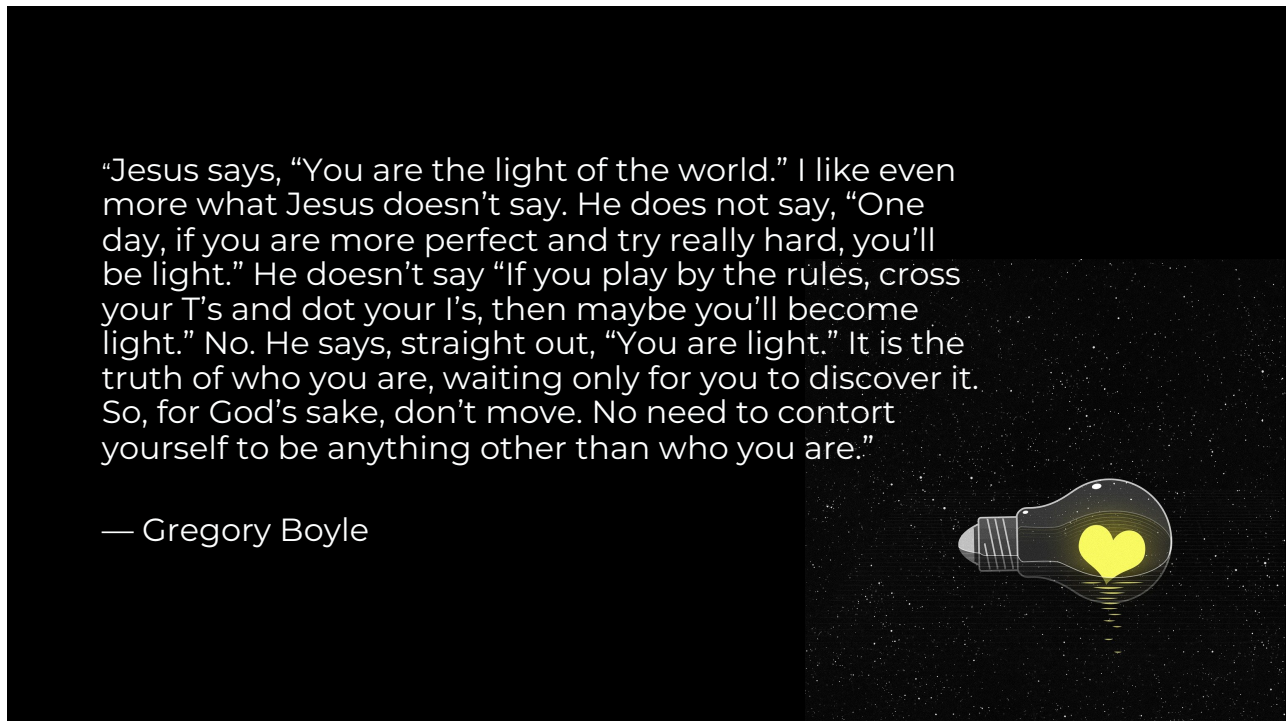


Know that your children **are** having these conversations  
You get to decide if you are part of them and have influence

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