

How to tell family members about your child's challenges

Use these tips to plan how you're going to tell family members about your child's challenges.

Ask to talk	What to say
Every conversation has to start somewhere. Asking to talk is the best way to not catch someone off guard with a serious conversation.	"Hey Mom, can we talk? Some things are happening with Brian that I want to fill you in on."
Introduce the challenges	What to say
Start small. Describe the difficulties your child is having.	"Brian has a lot of energy, but in school he's getting into trouble for disrupting the class and not sitting still. He's also having trouble following directions at home."
Share where things stand	What to say
Is your child being evaluated? Does your child already have a diagnosis? Explain what steps you're taking.	"We're going to get Brian evaluated. They're going to look at ADHD and other things that could be affecting his learning."
Talk about what may happen next	What to say
Maybe you'll be considering changes at school or at home.	"We may have to think about getting Brian some treatment. He also might be able to get support in school."
Ask for help	What to say
If you need help from a family member, ask for it. That's an important part of the conversation.	"We're going to get a better idea of how we can all support Brian. We may need some support from you, too."
Be patient	What to say
People's first reactions may not be what you hoped. Give them time to digest what you've said.	"I know this is a lot to take in at first. I'll share more information as I get it, and we can talk more later."