



it starts
within

Talk it Out

Sharing how you feel with those you trust can be good for your well-being.

Open communication can improve your relationships with others and with yourself. Sometimes speaking up can be challenging, but the more we talk about how we feel, the lighter our problems are to carry.

These tips may help make it easier to communicate:

Pay attention

when the other person speaks.
Listen to learn vs. only listening to respond.

Find the right time to talk

with the person and take a break if
things get too heated.

Share your truth,
be clear, and focus
on the main point.

Check in with yourself
and try to understand why
you feel the way you do.

Ask open-ended questions
to really understand the
other person's view.



LEARN MORE

PASS IT ON!

Children learn best through play! Sharing toys is a great way for children to learn how to think about other people's point of view as well as their own. Check out this resource to support sharing skills.



Connecticut Office
of Early Childhood