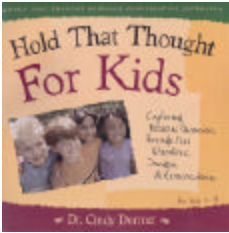


FOR IMMEDIATE RELEASE

4 Secret Strategies for Parents to Get Kids to Open Up



(Englewood, CO) — If you are tired of hearing your child respond to your questions with meaningless answers like “fine” or “I don’t know,” you may need to tone up your “interview” skills.

“Nothing is more interesting or amusing to children than themselves,” says **Dr. Cindy Dormer**, mother of three and author of ***Hold That Thought for Kids: Capturing Precious Memories through Fun Questions, Images, and Conversations***. “Children love to talk

about themselves but sometimes they need a little extra encouragement from parents.”

Dormer worked closely with many child and family specialists as well as more than one hundred children to develop ***Hold That Thought For Kids***, a journal designed to help parents build a more powerful connection. Here she shares four secret strategies designed to help you improve communication with your child.

1. **Start conversations** with fun questions that encourage kids to think before they answer.
2. **Encourage continued conversation** with “mmmms,” “ohs,” and even silence.
3. **Don’t correct answers** – Unless the answer is obnoxious, bite your tongue and resist the urge to suggest, improve or “correct” your child’s answer. Leaving it up to your child builds confidence, competence, creativity and the relationship.
4. **Express gratitude** – Let your children know you enjoy talking to them. End conversations with an expression of gratitude such as “I enjoyed our talk!”

The change might not occur overnight, but as your child becomes more confident about communicating and realizes how much you enjoy the interaction, meaningless answers and “I don’t know” will become a thing of the past.

Get the FREE special report “Fun Questions to Curb Backseat Battles” at www.HoldKids.com.

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HOT TOPICS

- The ONE QUESTION parents should NEVER ASK THEIR KIDS
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- 5 Values You Should Discuss with Your Kids
- 4 Tips for CONDUCTING “KEEPSAKE INTERVIEWS”
- Family Gathering? 3 Questions to Prepare Your Kids and Avoid the Aftermath

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Dr. Cindy Dormer is a registered dietitian and holds a Ph.D. in nutrition. Using her scientific background, Dr. Cindy worked carefully in conjunction with child and family specialists and more than one hundred children to develop interview questions and conversation activities for ***Hold That Thought For Kids***. She is the mother of three and currently holds the title of Chief Dish and Bottle Washer at the Dormer household as well as Aspiring Entrepreneur, Publisher and Author. Dormer’s household includes one small business, teens, a toddler, a happy marriage, and, occasionally, extended family. Daily orchestration involves creative activity planning, problem solving, grunt work and leadership.

“Hold That Thought is perfect for someone who wants to be important in a child’s life and is looking for ways to open conversations, hearts, and minds.” --**Debra Fine**, mother, author, *The Fine Art of Small Talk*

Hold That Thought for Kids: Capturing Precious Memories through Fun Questions, Images, and Conversations
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