

# The "Tail" of Fabulous Fannie

## Unlocking Conversations: Engaging Questions for parent-child bonding

### Quick Conversation Starters

- Why do you think Fannie was teased?
- How do you think Fannie was feeling when she was being teased?
- Have you ever been teased?
- How did it make you feel?
- What can you do to help if you ever see someone in that situation?

Assure your child that you are there for them. They can come to you when they need help. Explain that you can't have courage without fear, and it is okay to be afraid. Your child has the strength to push through their fear. It can be done with self-confidence. Tell them what it means to have self-confidence and give strategies for building self-confidence. Highlight the importance of having the courage to persevere through challenging times.

Self-confidence is believing in yourself and your abilities. It means feeling good about who you are and what you can do.

#### Strategies for building self-confidence:

- Think positive thoughts about yourself
- Try new things, even if they seem, scary at first
- Surround yourself with positive people who support you
- Avoid teasing others and stand up for those who are being teased
- Be kind and supportive of one another

