

■ Difficult Topics Discussion Guide

Helping you talk through sensitive themes with confidence and care.

Books can open gentle doors to big conversations—about fear, loss, change, or bravery. Use this guide to help your child process emotions safely while keeping reading a comforting space.

Before Reading

- Preview the story: Skim for themes that might touch on sadness, fear, or conflict.
- Plan your words: Think of simple, reassuring phrases you can use if emotions arise.
- Set the tone: Let your child know it's okay to pause, talk, or take a break anytime.

During Reading

- Pause and check in: Notice your child's reactions. Ask, "How do you think they feel right now?"
- Name the feeling: Help your child label emotions—"That part was a bit sad, wasn't it?"
- Stay steady: Keep your tone calm and reassuring, even if the story gets emotional.

After Reading

- Reflect together: Ask, "What part stayed with you the most?" or "What do you think the character learned?"
- Relate to real life: Gently connect the story's theme to something familiar ('Remember when we felt sad about...?').
- End with comfort: Reassure your child that feelings come and go—and that you're always there to listen.

Parent Reflection Prompts

Question	Your Notes
What emotions did my child express or show during the story?	
What helped them calm or re-engage?	
What language helped me stay gentle and confident?	
Is there a topic we might revisit when they're older?	

■ Remember: Brave reading isn't about having the perfect words—it's about showing up with presence, empathy, and care.