

TALKING TO KIDS: THE ROSE, THORN, BUD METHOD



PANDEMIC PARENTING

ADVICE FROM THE PANDEMIC PARENTING PODCAST GUEST EXPERT
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Sometimes, as parents, we forget to listen to our kids and remind them that they know themselves best. Using the Rose, Thorn, Bud method allows our children to open up about their day-to-day experiences and feel heard.



ROSE

A highlight, success, small win, or something positive that happened that day.

THORN

A challenge your child experienced or something they can use more support with.

BUD

New ideas that have blossomed or something they are looking forward to knowing more about or experiencing.

Information source: Unknown