

# TALKING TO KIDS: THE ROSE, THORN, BUD METHOD

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.