

Communicating With Your Child

After the Interview

After your child had completed their interview at Sophie's Place, you may be left with a variety of emotions and questions. Your child may also ask you questions that you are unsure of how to answer. These feelings and concerns are normal, but can still be distressing for everyone involved. Here are some key messages to communicate to your child following the interview.



Being honest and open with your child, while explaining things in a developmentally appropriate way.

"This person touched you and hurt you. What they did was wrong. No one should touch your body like that"



It's okay if you don't know what to say to your child. Let them know you will try to find an answer.

"That's a good question, but I don't have the answer right now. I will try to find that out"



Don't focus on having your child talk about it, but let them know you are there to listen if they bring it up.

"I know this might feel overwhelming, but I want you to know that I am here if you need to talk about anything"

Tell your child this was not their fault and make it clear that you believe them.

"What happened was not your fault. You did not do anything to cause this and I believe everything you have told me"

Let your child know that they did the right thing by telling you. This can help reduce feelings of guilt or shame.

"I know this has been hard for you. You did the right thing by telling someone. We are going to get through this together and as a family"

If your initial response was not calm, you can always try again and focus on repairing the relationship.

"When I heard what happened, I felt very angry and upset. Maybe that made you feel scared or worried. I am feeling calmer now. I am here if you need me"