



A REASON TO COME HOME

– FAMILY TALK GUIDE –

Warmth over control.



MAKE CALLS FEEL GOOD

- What do you love talking about right now?
- What is one thing I can just be curious about, not fix?



HOME BASE

- What makes home feel like a soft place to land?
- Which traditions do you want us to keep?



RESPECT THE ADULT YOU ARE

- What do you want me to trust you to handle?
- How do you want me to share advice, if at all?

A young adult goes farther when they know exactly where home is.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology

Connection heals. Conversations help.