



QUESTION TIME WITH HADLEY

Whether you are a parent, educator, or therapy provider, we know that conversations with our children are important. Questions develop critical and creative thinking, foster emotional growth, and encourage empathy.

Let children know they are in a judgment-free zone, and there are no wrong answers! Pause when they are answering. Listen to what they have to say, and answer any questions they may have for you.

Maybe you discover your child has a fear you didn't know about or that they have a bias you need to address (later). This is a special moment to share anything, and let them know they can talk to you. Don't forget to have fun!

- Do you know someone with food allergies?
- What is a food allergy?
- What are some common foods people are allergic to?
- What happens when someone has an allergic reaction?
- How can you be a good friend to someone with food allergies?
- Why are food allergies serious?