

# Conversation Cheat Sheet: How to talk to small children about depression



- Can you remember how you felt the last time you were sick? You needed to rest more and take medicine to make you feel better. Well, Mommy is sick right now. I might need to rest more, until I feel better. But I have a great doctor, like yours! And rest and medicine can help my brain to be healthy again!
- Did you know that when Mommy is sick, that God is still taking care of her? God is still with me! And He provides doctors & medicine to make me feel better.
- Sometimes when I am sick, I need to rest. But we will always have someone to take care of you, even when I am resting. And soon, I will feel better!
- You can ask me ANYTHING. If you ever have any questions about me being sick, ask! I will always answer honestly.
- What is something fun we can do together when I feel better?
- I love you SO much. And even when I don't feel well, I love you.