

# Coltale's Top Tips

**QUESTION:**

How can I encourage my child to talk more at home?

**ANSWER:**

Have conversations with them, ask open-ended questions and show interest in their thoughts and feelings, this will motivate them to express themselves.

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Tourette Syndrome Awareness Month ends on June 15th, so Coltale's been reading **"Too Much! An Overwhelming Day"** by Jolene Gutiérrez.

Talk about which situations were too much. For example, when it was too loud, too bright, and too overwhelming!

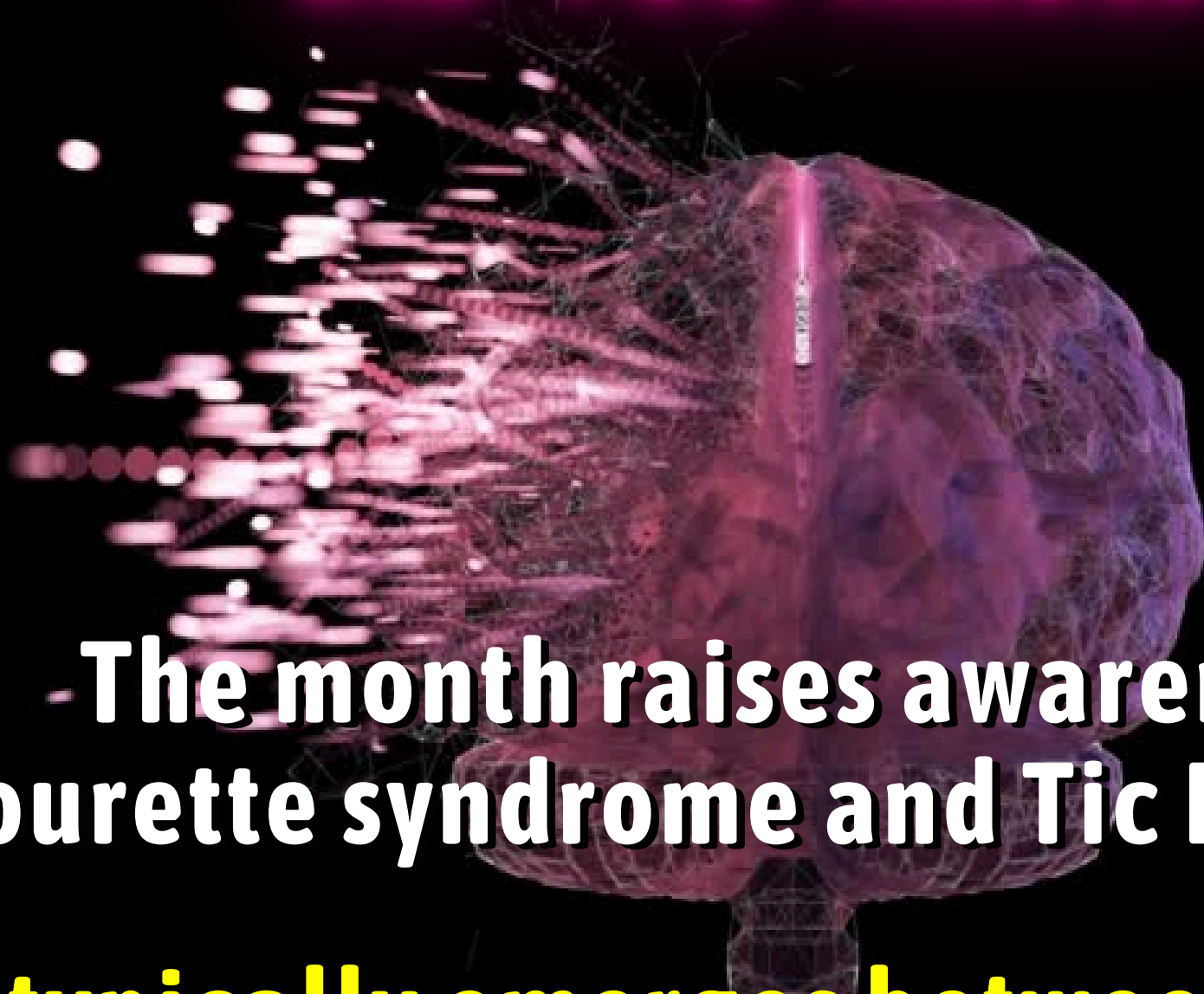




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## DID YOU KNOW?



**The month raises awareness of Tourette syndrome and Tic Disorders.**

**It typically emerges between the ages of 2 and 14. It's not life-threatening and doesn't affect intelligence.**



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## *Fun activity*

**"Breathe Like a Balloon." Take deep breaths in together through the nose like inflating a balloon, then exhale slowly through the mouth. Discuss how it feels.**



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City of  
London  
Family  
Information  
Service

## GET ACTIVE

**Have a nature treasure hunt. Give your child a list (with pictures) of nature items to find. For example, a unique leaf, a blade of grass or a piece of bark.**