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CHECKLIST

Talking to Your Child About Gambling: A Checklist for Parents

- [ ] Choose a calm moment when your child is not distressed or distracted
- [ ] Explain gambling in language that fits their age and understanding
- [ ] Acknowledge visible problems without sharing overwhelming adult detail
- [ ] Reassure your child clearly that they did not cause the problem
- [ ] Describe the steps you are taking in terms they can see
- [ ] Answer difficult questions honestly, even when the answer is uncertain
- [ ] Involve another trusted adult or counsellor if the conversation becomes too distressing
- [ ] Revisit the subject as your child grows and their questions deepen