

Playing  
**Keep it Real.**  
with your child

**A Parent's Guide**



O.K. Here is an opportunity to create a space for **Real** communication between you and your child.

A chance to open avenues of self-expression that allow you to **Keep** learning about one another so that your child can bring **It** on and let it out! Are you ready to **Keep It Real**?

Playing **Keep it Real** will allow you and your child to gain incredible skills in:

- Empathy
- Self-Expression and Social Relationships
- Authenticity
- Acceptance
- Self-Awareness and Self-Knowledge

and **most assuredly** can make the bridge *out* of isolation *into* the world of connection.

The purpose of this guide is to help you realize your importance in setting the stage for an effective and inspirational game session as you forge new pathways of communication in your relationship.

Here are some **Guidelines for Playing** that will optimize your experience!

**You Are Individuals**

This game is made to access our unique nature; so we must let go of “parental” judgment and authority temporarily in order to ensure we provide an equal playing ground.

**Respect One Another**

Sometimes it is hard to hear others' views when they are different than ours, or when someone has been keeping their thoughts to themselves. We can be surprised and shocked when someone finally “opens up.” It is important to give the message of respect no matter what surfaces.

**Enjoy Your Child**

Don't be afraid! Take this time to recognize your child's wonderful talents, mannerisms, expressions and passions. Utilize the game to gently reveal yourselves to one another and relish in the discoveries!

**Use Encouragement**

Believe it or not, many people have a hard time in saying or doing things and would rather sacrifice their integrity than really “stand up” for themselves. Your child may (or may not) need a lot of gentle encouragement to self-disclose. Remember, that this is an ongoing practice. The more you play, the more comfortable you and your child will become in learning to share what you really think and feel.

**Be a Role Model**

You are a role model for your child. There has been a great deal of psychological research done that suggests “resiliency” is born from being around “positive” people and environments. When you model strength and fearlessness concerning your own thoughts and emotions, your child will feel permission to do the same!

