CHECKLIST

Talking to your child about gambling: a checklist

- [ ] Choose a quiet, uninterrupted time when your child is calm
- [ ] Explain gambling in words that suit their age
- [ ] Say plainly that it caused problems and is being addressed
- [ ] Answer their first questions without overloading them
- [ ] Ask how they are feeling and listen without fixing or dismissing
- [ ] Agree on what they will tell friends if asked
- [ ] Let them know they can return to the conversation anytime
- [ ] Check in regularly as your family rebuilds
- [ ] Seek outside help if your child shows signs of distress