



The Lyndah Kayson Confidence Circle Foundation

WHERE HEALING MEETS COMMUNITY



RESOURCE GUIDE

Family Conversation Guide

Language, scripts, and small principles for talking with kids and teens about skin conditions, gathered from our parent community.

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How to use this guide

Every script here is a starting point, not a rule, adapt the words to your own family's voice. The letter template and planner pages have real, fillable fields, open this PDF in Acrobat, Chrome, or Edge to type directly into them.

START HERE



A Few Principles

There's no single right way to talk to a child about their skin, but there are gentler ways and harder ones. This guide gathers language, scripts, and small principles from parents in our community who've had these conversations many times over: with young children, with teens, with curious relatives, and with schools. Take what's useful, adapt the rest to your own family.

- Children take their emotional cues from you before they take them from anyone else.
- Neutral, factual language (a flare, a rash, a condition) lands better than judgment words (bad, ugly, gross).
- You don't need perfect words. You need honest, calm, repeatable ones.
- The goal isn't to eliminate hard feelings about it, it's to make sure your child never feels alone with them.

Talking to Young Children (Ages 4 to 9)

- **Keep it simple and factual:** "Your skin does this sometimes. It's not contagious, and it's not because you did anything wrong."
- **Normalize, don't dramatize.** Treat flare-ups as something happening, not something they are.
- **If they ask "why me,"** it's okay to say "I don't fully know, but we'll figure it out together."
- **Give them language for questions from other kids:** "Some skin just does this. It doesn't hurt you to ask about it."

GROWING UP



Talking to Teens

- **Ask before you advise:** "Do you want me to just listen, or do you want ideas?"
- **Avoid commenting on their skin unprompted**, even with good intentions. Let them bring it up.
- **Validate the social weight of it.** Appearance matters more during these years, and pretending it doesn't can feel dismissive.
- **Involve them in decisions** about their own treatment and routine wherever appropriate.

Age-by-Age: What to Expect

A rough guide to how understanding shifts with age, and how your role shifts alongside it.

STAGE	WHAT THEY'RE LIKELY UNDERSTANDING	HOW TO SUPPORT THEM
Toddler (2-4)	Very little sense of "different." Takes cues almost entirely from your tone.	Keep language simple, calm, matter-of-fact. Comfort physically as much as verbally.
Early Childhood (5-9)	Starting to notice differences between themselves and peers; may ask direct questions.	Answer honestly in simple terms. Practice short responses for friends.
Tween (10-12)	Increasingly aware of appearance and peer perception; may become self-conscious.	Validate feelings without dismissing them. Involve them in care decisions.
Teen (13-17)	Appearance closely tied to identity and belonging; may withdraw or mask.	Ask before advising. Respect privacy while staying available.
Young Adult (18+)	Developing their own relationship with their condition, separate from the family.	Shift from managing to supporting. Let them lead their own care and story.

THE HARD ONES

When They Ask Hard Questions

"Will this ever go away?"

Be honest about uncertainty: "I don't know for sure, but we're going to keep learning and trying together."

"Why do I look different?"

Reframe difference as normal: "Skin comes in a lot of different forms. Yours is just one of them."

"Do people think I'm gross?"

Address the fear directly, then redirect: "Some people might be unkind, and that says more about them. Who are the people who've never made you feel that way?"

"Is it my fault?"

No. Skin conditions aren't caused by anything a child did. It's okay to say that plainly, and to say it often.

"Will I always look like this?"

Some conditions change over time and some don't. What matters more than how it looks is how supported they feel living with it.

"Can I still do [swimming, sports, a school trip]?"

In almost every case, yes, sometimes with small adjustments. "Let's find out together what those adjustments might be."

BEYOND THE HOME



Extended Family & Friends

- Give your child, and yourself, a short, repeatable line for curious relatives: "Her skin does this sometimes, it's not contagious, and she's doing great."
- It's okay to redirect a conversation that's lingered too long on your child's skin: "Let's talk about something else, tell Auntie about your football match."
- You're allowed to set boundaries with family members who mean well but say the wrong thing. Name it directly and calmly.
- Holidays and gatherings can be harder than usual days. It's fine to prep your child beforehand with a plan for tricky comments.

Low-Pressure Conversation Starters

Not every check-in needs to be about skin directly. These keep the door open without forcing it.

"What was the best part of your day?"

"Is there anything about your skin you want to talk about, or would you rather not right now?"

"What's something you're looking forward to this week?"

"Did anyone ask you anything about your skin today? How did that feel?"

"What's one thing that made you laugh today?"

BEYOND THE HOME

At School

Talking to Teachers and Classmates

- Loop in the teacher early, briefly, and factually: what the condition is, what it isn't (not contagious), and any small accommodations that help.
- Give your child a short script for classmates: "It's just my skin, it doesn't hurt you to ask, but please don't stare."
- If teasing or bullying happens, address it directly with the school. This isn't a "toughen up" situation, it's a safety and dignity one.
- Celebrate the wins too. A good day at school with no comments is worth acknowledging.



Signs Worth Following Up On

Sudden reluctance to go to school, a drop in grades, eating alone, or new physical complaints (stomachaches, headaches) around school days can all be signs something is happening socially that's worth a gentle, direct conversation with your child and, if needed, the school.

Choosing What to Share, and With Whom

- You are not obligated to disclose more than what helps your child stay safe and comfortable.
- A brief, factual note to the teacher is usually enough; a full medical history rarely is.
- Revisit what's shared each year, a plan that worked in one grade may need updating in the next.

READY TO USE

A Sample Letter to a Teacher

Feel free to copy, adapt, and send this as a starting point. The blanks below are real, fillable fields, fill them in and print, or copy the finished letter into an email.

Dear [Teacher's Name],

I wanted to reach out ahead of the term to share a bit about [Child's Name]'s skin condition, [Condition Name]. It is not contagious, and [Child's Name] is comfortable answering simple questions from classmates, though we'd appreciate your support in gently redirecting the conversation if it goes on too long.

A few things that help: [sun protection during outdoor time, a bathroom break for skincare, flexibility with uniform sleeves]. Please don't hesitate to reach out if anything comes up, we're glad to be a resource.

Thank you for helping make this a comfortable year.

Warmly, [Your Name]

Teacher's name

Child's name and condition

Accommodations that would help

FOR YOU, TOO

A Note for Your Own Feelings

This is hard on you too, and that deserves acknowledgment.

- It's normal to feel guilt, grief, or helplessness watching your child navigate this. Those feelings are valid and don't need to be hidden from yourself.
- Your child doesn't need you to have it all figured out. They need you present and honest.
- Find your own outlet, another parent, a therapist, this community, so your child isn't the only place your feelings go.
- Taking care of your own emotional health is part of taking care of theirs.

When to Seek Extra Support

Reach out to our wellness team if you notice any of the following:

Your child is withdrawing from friends, school, or activities because of their skin.

Conversations about their skin consistently end in shutdown or shame.

You notice signs of anxiety or low mood that go beyond a hard day.

You yourself are feeling overwhelmed, isolated, or unsure where to turn.

Our wellness team can connect your family with a licensed therapist in our partner network. Reach out any time through the [Contact page](#).

DAY TO DAY



Building Resilience at Home

- Let them see you comfortable in your own skin, whatever that looks like for you. They're always watching how you treat yourself.
- Celebrate their skin days and their hard days with the same warmth.
- Make space for frustration without rushing to fix it. Sometimes they just need you to sit with them in it.
- Praise effort and character as often as you praise appearance, maybe more often.

A Note for Grandparents and Caregivers

- Children often watch how the adults around them react even more closely than what's said directly to them.
- If you're unsure what to say, "How are you feeling about your skin today?" is almost always a safe, welcome question.
- Avoid remarking on visible changes unprompted, even out of concern. Let the child or their parent bring it up.
- Your steady, unbothered presence is doing more good than you know.



A Small Practice to Try This Week

Pick one meal this week to ask a completely skin-unrelated question you've never asked before, a favorite memory, a silly hypothetical, a dream for the future. Small deposits of ordinary connection add up.

LOOKING AHEAD

Talking About Big Moments

Certain moments deserve a little extra thought ahead of time, not because they're bigger problems, just bigger stages.



Swimming & Sports

Talk through practical logistics (sunscreen, changing rooms) before the day arrives, not in the moment.



Photos & Videos

Ask what they're comfortable with being shared, and check in again as they get older and opinions change.



First Relationships

Confidence conversations shift here, more about vulnerability and trust than logistics. Follow their lead.



Milestone Events

Proms, graduations, big family events. Plan the practical parts early so the day itself can just be enjoyed.

A Word on Social Media

Many families find it useful to talk openly about filters, editing, and comparison before a child is old enough to ask for their own accounts, not as a lecture, but as an ongoing, low-key conversation they can come back to.

PLAN IT OUT



Your Family Conversation Planner

Use this space to plan an upcoming conversation, whether it's with your child, a teacher, or a relative.

Who is this conversation with?

What do you want them to understand?

What's one thing you're a little nervous about saying?

I've picked a calm, unhurried moment for this conversation.

I've thought about what they might ask back.

I've planned one small, factual line I can repeat if things get hard.



You don't have to have all the language figured out today. Showing up, staying curious, and choosing honesty over silence is most of the work.

[Connect with our wellness team →](#)