

Conversation Starters

Here are some simple questions that you can use to create the habit of having conversations with your child. Some children need time to decompress after school before they are ready to talk. When your child tells you about their day, provide your undivided attention. Remember that becoming a good listener can take practice. Your calming presence can be felt by your child and helps you build a special bond of trust.

What was your favorite part about school today?

What activity did you like the most today? And the least?

Did any of your classmates need help today? What happened?

What is a problem you solved today? How did you do it?

If you could change just one thing about school, what would that be?

Did anything happen at school today that surprised you?

Who did you play with/talk with at school today?

If you could do any moment at school over today, what would it look like?

What did you read or discuss today that interests you?

What was the funniest thing that happened in your class today?

Here are a few resources to check out:

On Our Sleeves, The Movement for Children's Mental Health. Their Operation: Conversation helps you start conversations with kids which builds their mental health.

<https://www.onoursleeves.org/>

Boys & Girls Clubs of America in Parent Resources. They have 25 better ways to get your kids to open up about school, including questions for grade schoolers, middle schoolers, and high schoolers.

<https://www.bgca.org/news-stories/2018/October/25-Better-Ways-Ask-Kids-About-Their-School-Day>

Positive Parenting Connection. They have 25 questions that get kids to talk about school.

https://www.positiveparentingconnection.net/positive_parenting_25questions_school/