

“Can We Talk?”

Kids and talking—they go together like peanut butter and jelly, right? Yet many parents find it difficult to get their children to share even the smallest details of the school day or the afternoon’s soccer practice. The following are some conversation starters to help you with that problem.

Ten Ways to Start A Conversation With Your Child

1. On a scale of 1 to 10, how would you rate today (with 1 being terrible and 10 being terrific)? What made it that way?
2. What was the high point of your day? What was the low point?
3. Tell me the good news and the bad news about school today.
4. What’s a thought or feeling you had today?
5. What happened today that you didn’t expect?
6. I’m wondering what you’re thinking about. Would you like to talk about it?
7. Tell me something good that’s happened since the last time we talked.
8. What’s something you’ve done recently that has made you proud?
9. What’s on your mind these days?
10. What are you looking forward to these days?