

# HOW TO TALK TO YOUR KIDS ABOUT THEIR DAY

## UNDIVIDED ATTENTION

Avoid distractions- no phone, computer, or housework at the same time.

Set aside a certain time of the day or week to break away from all other things and focus on your child.

## BE INTERESTED

Be attentive, engaged and remember the details of what your child says..

Only ask questions you really want to know the answers to and have time for in the moment.

## BUILD RAPPORT

Ask likes and dislikes, understanding the person's thought processes and temperament.

Take the time to let them just talk. No corrections. No critiques. And avoid interruptions unless it is to ask for clarifying details.

## ASK QUESTIONS

Ask about specific details.

Break the questions into sections of your child's day.

## AVOID "WHAT" AND "WHY" QUESTIONS.

Instead use a tone of curiosity. Here are examples:

You told me about...how did that go?

Whatever happened with...?

Did you ever end up....?

Tell me about...?

Have you ever told me about...?