

6 Tips to **GET YOUR KID TALKING!**

~~1. HOW WAS SCHOOL?~~ **ASK A DIFFERENT QUESTION.**

Instead, ask about a specific part of the day:

- Tell me about recess today. Who did you play with? What game did you play?
- Did you feel prepared for your test today? Why or why not?
- What made you laugh today? Did you make anyone laugh?

3. CREATE A ROUTINE!

- In the car: Ask for a “High” and “Low”
- Over a meal: Ask everyone to share something they are thankful for
- At bedtime: Ask for the best and worst thing that happened that day, and the thing they are least and most looking forward to tomorrow

5. STEAL CLASSROOM PRACTICES!

Create a visual with emotions to help children identify what they are feeling.

2. ASK WHAT YOU WANT TO KNOW.

Don't beat around the bush. Ask about the difficult class or kid they don't really get along with. More important, don't overreact to what you hear so they feel comfortable sharing their true experience.

4. SHARE SOMETHING YOURSELF.

Your kids love knowing that you too feel the emotions they do – fear, joy, excitement, embarrassment. Tell them a (short!) story and ask if they can relate to your experience.

6. MULTI-TASK/TAKE THE PRESSURE OFF THE CONVERSATION!

Do something else while chatting:

- take a walk
- make a snack together
- play a card game
- run a mysterious errand with a long car ride...
...and let the conversation come from there!

