

CONVERSATION STARTERS

Open-ended questions to help your child share how they feel, from morning check-ins to bedtime reflections.



MORNING CHECK-IN

Start the day with connection and curiosity.



How are you feeling this morning?



What are you looking forward to today?



Is there anything you're feeling worried about?



What would make today a great day?



DURING THE DAY

Stay connected and keep the conversation going.



What was the best part of your day so far?



Who did you enjoy spending time with?



What was challenging today?



How did you handle that?



BEDTIME REFLECTION

Wind down with reflection and reassurance.



What made you smile today?



How did you feel when that happened?



Is there anything still on your mind before bed?



What are you grateful for today?

TIPS FOR GREAT CONVERSATIONS



LISTEN

Listen with your whole heart. Give them your full attention.



BE PATIENT

Give them time to think and respond.



BE CURIOUS

Ask with genuine interest, not judgment.



VALIDATE

All feelings are okay. Let them know it's safe to share.



KEEP IT GOING

Check in often. Little moments build deep connections.



Every conversation helps your child feel seen, heard, and understood.

