



Counselor's Corner

December 2016

5 Questions to Replace “How Was School Today?”

How many times have you asked your child, “How was school today?” and been frustrated by the lack of response? As a parent, it is always helpful to have a few different ways to ask about your child’s day.

Some possible questions to ask:

- Tell me about a time today when you felt excited about what you were learning.
- Tell me about something that was difficult in class today.
- Tell me about a moment in class when you felt confused.
- Tell me about something that was fun to do today.
- What’s something you’d like to ask your teacher more about?

Tips:

How and *when* you ask these questions makes a big difference in the way your child responds.

- Don’t ask all of these questions on the same day. You might ask one or two.

- After a while, you’ll figure out which ones lead to the most meaningful conversations.
- Ask during a time when they have your full attention. This way they know you truly care to hear their thoughts.

The following can make a fruitful conversation:

1. **Don’t interrupt** if you want to get a lot of information from your child.
2. **Ask for more** by saying, “tell me more…” or, “can you explain that to me?”
3. **Ask about how they felt** after they have described an experience.
4. **Validate their feelings** by letting them know however they are feeling it is normal.
5. **Support them** by telling them it’s not okay for anyone to be unkind or for them to be unkind to others.
6. **Thank them** for sharing with you. Encouraging and appreciating their honesty will develop their confidence in telling you more.

Adapted from: Aguilar, E. (2016, October 27). [15 Questions to Replace “How Was Your Day?”](#)

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