



Evergrow Gadget

DINNER QUESTIONS

It's easy to get stuck in a question/answer pattern with your kids: "How was your day?" or "What did you learn today?" These questions usually elicit one word answers and can lead to frustration on both sides.

Let's break this habit! Even busy caregivers can set an example by asking open-ended questions, taking time to reflect on your own day, and showing genuine interest in what your family members say. The dinner table creates a great opportunity for connection. And, you can use the below questions any time you want: when you're cooking dinner, walking the dog, driving to sports practice, or eating a meal together.



STEP ONE: Express joy and happiness to see your children after spending time apart. Make sure to connect before making any requests of them. Say something like "It's so great to see you after this long day!" or "Your face is just what I need to see and kiss after working all day."

STEP TWO: Use open ended questions:

- ❖ What was something fun that happened today?
- ❖ What was something tough that happened in your day?
- ❖ What are you looking forward to this week?
- ❖ Tell me about something that has you nervous this week.
- ❖ Tell me about something that brought you calm this week.
- ❖ What goal do you want to reach by the end of the week?
- ❖ How can I help you today?
- ❖ What do you need from me?
- ❖ What made you laugh today?
- ❖ How do you want to rest tonight? (watch a movie, read together, go for a walk, sit on the porch, meditate, do yoga)

STEP THREE: Model asking follow up questions and share your own experiences too. It is incredibly useful for children to hear (age appropriate versions) of how you manage the troubles of daily life.

IMPORTANT: This is NOT the time for lectures or corrections! Nothing clams someone up faster than feeling like they are being judged. Instead, just focus on open ended conversation to build connection. If you feel the urge to correct something, come back to it at a later time.