Questions to Ask Your Child Beyond "How Was School Today?"

Better conversations. A stronger connection.

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As parents, we often fall into the habit of asking our children the same question at the end of the day: "How was school today?" While this question shows interest, it often results in one-word responses like "good" or "fine." To foster deeper conversations and better understand your child's experiences, it can be helpful to ask more specific, open-ended questions. These questions not only invite your child to reflect on their day but also provide opportunities for meaningful discussions that strengthen your relationship. Here are ten alternative questions to spark engaging conversations with your child.

1 What was the best part of your day?

Asking about the highlight of your child's day helps them focus on positive experiences. It can also give you insight into what they enjoy or look forward to at school, whether it's a favourite subject, a particular activity, or spending time with friends.



2 Did anything surprise you today?

This question encourages your child to think about moments that stood out or deviated from their usual routine. It could lead to stories about something exciting they learnt, a funny situation, or even a challenging experience they encountered.



3 Who did you sit with at lunch?

Lunch is a social time for kids, and this question helps you learn more about your child's friendships and social interactions. If your child is shy or struggling to make friends, their response can offer clues about how they're feeling in social settings.



4 What's something kind you did for someone today?

By focussing on kindness, you encourage empathy and the value of helping others. This question can also help your child reflect on their actions and how they positively contribute to their community, even in small ways.



5 Was there anything you found difficult or confusing today?

This allows your child to share challenges they faced, whether academic or personal. It opens the door for you to support them, whether they need help with schoolwork or advice on handling tricky situations with peers or teachers.



6 What made you laugh today?

Laughter is often a sign of joy, and this question helps you tap into the lighter moments of your child's day. It's a fun and relaxed way to engage in conversation, and it can lead to shared jokes or stories that strengthen your bond.



7 What are you learning in [specific subject]?

Instead of a vague question about school, ask about a specific subject like math, science, or art. This helps you dive deeper into what they're currently studying and gives them a chance to explain their knowledge or interest. It can also identify areas where they might need more help or encouragement.



8 If you could change one thing about your day, what would it be?

This question encourages your child to reflect on their day and think critically about what could have been improved. It also gives them a safe space to express any frustrations or shappointments, leading to discussions about problem-solving and resilience.



9 What are you most looking forward to tomorrow?

Focussing on the future helps your child cultivate optimism and excitement. Whether it's a special event, a project they're working on, or simply spending time with a friend, this question can highlight what motivates them and what they care about.



10 Did you learn something new today that you didn't know before?

This question shifts the focus to curiosity and learning, encouraging your child to share interesting facts or ideas they encountered during the day. It reinforces the idea that school is not just about grades, but about exploring new knowledge and growing intellectually.



Conclusion

By asking these more thoughtful and specific questions, you invite your child into a conversation that goes beyond routine or yes-or-no answers. It allows them to reflect on their day, share their feelings, and open up about their experiences in a way that deepens your connection. Remember, the key is to be genuinely curious and attentive to their responses, showing that you value their thoughts and experiences.

Curious parents build confident, happy kids.