

Questions to Ask Your Child or Grandchild

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June 6, 2024



Coach Myrna, June 6, 2024
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The world we live in and raise our children and support our grandchildren in is one filled with noise, distractions, and devices. This creates unique challenges in nurturing meaningful connections, especially with the younger generation. It requires intentionality, curiosity, and presence. I ran across an article that underscores how asking open-ended questions can transcend mere small talk and explore topics that ignite curiosity and encourage self-expression in children.

This insightful piece delves into the art of fostering deeper bonds with children and grandchildren through the simple yet profound act of asking great questions. Some of the suggested questions are:

- What is something about you that is unique?
- What makes somebody a good friend?

- What do you think is the most important rule for people to follow?
- What is something kind that someone has done for you?
- What is your favorite thing about yourself?
- If you could ask God a question, what would you say?

The author, Marie Holmes, is the parenting reporter at HuffPost. She says, "More important than the question that gets them talking is how well you listen once you get them started." Read the whole article and see all fifty questions here:

www.huffpost.com/entry/great-questions-grandchildren_l_6616a4a8e4b02edf2008d53d

Want to improve your family's communication? Print out this list of conversation starters, cut them into strips, fold them in half and put them in a jar or a container. Select the ones that best fit your family (age of children or grandchildren.) Over dinner, at a family meeting or on a car ride have someone pull out one of the questions. Everyone can answer the same question or each person can draw out their own. Decide if you put the questions back in the jar or not. Use your creativity and start talking. tinyurl.com/conversation-starters

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html

