

# MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER) “FUN QUESTIONS TO GET YOUR CHILD TALKING”

DAUPHIN COUNTY MH/A/DP  
MARCH 2020 MENTAL HEALTH TIDBIT

Last month our topic was about helping your child develop communication skills. We gave some specific strategies you could use. Hopefully you have been able to put some of those into practice. This month we continue with the theme of communication, with some fun questions that can be used as conversation starters with your child. Fun Fact—young children ask over 300 questions a day!! You can turn the tables by asking them some of the questions below or others contained in the link referenced at the bottom of the page. Have fun!!

1. *What do you look forward to when you wake up?*
2. *What makes you feel loved?*
3. *What's a memory that makes you happy?*
4. *What makes you so awesome?*
5. *What bugs you?*
6. *Describe a great day. What are you doing that makes it special?*
7. *What would you do if you made the rules at home?*
8. *How do you show people you care?*
9. *If a friend asks you to keep a secret that you don't feel comfortable keeping, what would you do?*
10. *What makes you feel brave?*
11. *You're a photographer for a day. What would you take pictures of?*
12. *What makes someone smart?*
13. *What does it feel like when I hug you?*
14. *If you wrote a book, what would it be about?*
15. *What are three things you want to do this summer?*

Don't worry if your child isn't initially excited about answering your questions - and don't rush them to answer or move on to another one too quickly. Letting your child take their time shows that you're genuinely interested in what they have to say. And for us adults, this is a great way to exercise our own creativity and imagination and get us to “think outside the box”. You're modeling the importance of curiosity. So feel free to share your own answers to these questions as well.

*The above questions were excerpted from:*

<https://www.parents.com/parenting/better-parenting/advice/questions-every-parent-should-ask-their-kid/>