

After School Intentional Questions:

So many times, we fathers don't know how to kick start conversation with our YES/NO kids. Here is a list of debrief questions to ask your child at the end of the day. You certainly won't use all of them at once, but use a few of them each day to spark or trigger conversation with your child. If you hit the right buttons and keep pressing in, your child will see that you really care and can be trusted with their inner most thoughts and feelings.

1. Tell me a highlight from your day that made you smile or feel happy?
2. What was the low or least favorite part of your day?
3. What was the funniest or most serious thing that happened at school?
4. Did anything happen in the classroom where the focus was on you?
5. Did anyone do or say anything that caused you hurt or pain?
6. Did you do or say anything to anyone that was mean or dishonoring?
7. Are you feeling any stress or anxiety about any of your school subjects?
8. Did your teacher have anything to say to you today? Tell me about that?
9. What did you witness today in class or on the playground that bothered you or left you confused?
10. Did anyone cause you to feel unsafe or uncomfortable today?
11. Give me an example of something you did for someone else today?
12. How can I pray for you today?

It's easy to think that everything is okay with your child, but, sometimes, there are issues lodged deep down in their heart that they've been carrying, and it's up to you to nudge them to the surface so they can be dealt with and talked about. This may feel awkward at first, but the more you try it with your kids, the more they will open up to you.

Blessings,
Jerry