

2 GREAT QUESTIONS FOR

HAPPIER KIDS

Questions are a great parenting tool and can help you stay connected with your kids while empowering them to think for themselves.

1 WHAT DOES IT MEAN?

Our wellbeing is more tied to the meaning we make from events than the actual event itself. When your child is struggling with something, ask them what that thing means: What does it mean that you did poorly on the test? What does it mean when someone is unkind? Look for spots where the meaning is incorrect. For example, it's probably not going to be overly detrimental to their wellbeing if your child believes that someone was mean because they were having a bad day. You want to pay closer attention if they respond with "I'm not a good person" or "Nobody likes me". This question can help you sort out what events require further discussion and which you can let go.

2 WHAT WOULD BETTER LOOK LIKE?

This is an important question to get your child engaged in problem solving for themselves. Start by defining the parameters of what can't be changed and then have your children voice their suggestions about what better would look like for them. For example, if your child is frustrated with homework, start to add autonomy by asking them this question. The non-negotiable is that the homework needs to be completed but 'better' may be at a different time of day, in a quieter space or maybe after some outdoor time. It's also a great way to teach a more empowered approach to what we can and can't control.

HAPPY PARENTING!