

COUNSELLING DEPARTMENT



For your information

At a glance,

- it can be hard to get kids to talk about how things are going at school.
- Asking open-ended questions encourages kids to talk more.
- Knowing what's happening at school helps you spot challenges.

7 questions to ask your child about how school is going.

1. “What made you laugh today?”

Asking kids to think about a happy topic can make them more eager to share, and not just shoot off an answer.

2. “Which subject was your favourite today?”

This question can give you an idea of strengths and interests you might not know about. You can follow up with “What was your least favourite?”

3. “What was the best part of your day?”

Starting with the positive may make it easier for your child to talk about negative things that happened, too.

4. “Who did you sit with at lunch today?”

This is a gentle way to find out if your child is making friends and feels like part of the group.