



10 QUESTIONS TO ASK YOUR SON THAT AREN'T 'HOW WAS YOUR DAY?'

Most boys answer "how was your day?" with "good".

Oftentimes, the conversation ends there.

These questions are designed to land sideways, when he's not expecting them, and to invite a real answer without making him feel interviewed.

While walking the dog or driving in the car

1. What was the funniest thing that happened today?
2. Who did you sit with at lunch?
3. If you could change one thing about today, what would it be?

While doing an activity together

4. What's something you're getting better at?
5. Was there a moment today where you felt proud of yourself?
6. What's something you wish adults understood about being your age?

For the harder moments

7. What's been on your mind lately that you haven't told me?
8. Is there anything happening at school that doesn't feel fair?
9. Who's someone you'd want to be more like, and why?

Anytime

10. What's one thing I could do this week that would make you feel loved?

A few things to know:

Side-by-side beats face-to-face. Most boys talk more easily when they're not being looked at (in the car, on a walk, washing up)

Silence is part of the answer. If he says "I don't know," try "take your time" instead of moving on. The pause is often where the real answer lives.

Once a week is plenty. These aren't a checklist. One good question, asked at the right moment, is worth more than ten asked at dinner.

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