

Weekly Questions to Help You Better Connect With Your Kids

Sometimes having conversations with your kids is the hardest thing in the world. It seems like they just don't want to communicate at all.

You ask questions only to get back a yes/no answer or a one-word answer that leaves you feeling unsatisfied and disconnected from your child. There are a couple of approaches and questions that I ask my kids every week that get them talking.

Here are a few.

"What's going on in your life?"

I always try and find out what's happening in their lives. I'll ask them questions like:

- "What made you happy this week?"
- "Was there a problem this week that you had to work through?"
- "Was there something that made you sad?"
- "How are you having fun?"
- "Is there anything you think I need to know?"

I always want my kids to know that I am available if they need my help. I always want to give them an opportunity to share with the areas where they are struggling.

These are the questions that I usually ask that stimulate a back-and-forth conversation with my kids.

Sound off: What are your favorite questions to ask your kids each week?

Huddle up with your kids and ask, "What is one thing that made

you happy this week? What is one thing that made you sad this week?

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