

# So how do we get them talking?

We want to have meaningful conversations with your children.

We want them to be excited about telling us things.

Of course, developing a deep, trust-based **connection** with your child is key here.

But even then, sometimes our kids don't want to bother telling us about their day.

## In this case, use this very simple tip.

Instead of asking them lots of questions ("How was school?", "What did you do there?", "Who was there?", "What happened?", or the total conversation killer "WHY" questions like, "WHY did he do that?"), say:

**"I wonder..."**

**"I wonder if your friend was there too."**

**"I wonder what you had for dessert at the party..."**

**"I wonder who was playing with you today..."**

When you use **'I wonder'** instead of asking them lots of questions, you're showing your genuine interest, you aren't being intrusive, and you aren't demanding their answers.

Your children will **WANT** to satisfy your curiosity.

Try using **"I wonder"** next time you want your child to tell you about their day and see how it goes.

Hope this helps

From Big Life Journal

