



Supporting children, families and schools

Questions to ask after school – instead of ‘What did you do today?’

Do you ever wish you could be a fly on the wall at your child’s school? As a parent, sending your child to school can bring up all sorts of feelings. More than anything, you may be feeling curious: what did they do? How did they behave? How do they act when you are not there? And many of you may also have realised that asking your child ‘How was your day?’ doesn’t always encourage them to share their experiences.

How can parents help?

Give them some time before asking them lots of questions at pick-up time: they may be tired and also will need to reconnect with you first. Try to chat casually and ask open-ended questions. If they aren’t ready to answer, just pause and come back to it later: perhaps as you are playing, eating together, or during bath time. Here are a few examples of questions you can ask instead:

- What was the funniest/silliest thing that happened today?
- What games did you play in the playground?
- Did anyone do anything super nice for you? What was the kindest thing you did for someone else?
- How would you rate your day on a scale of 1-10?
- What is something you would have liked to do differently today?
- What made you smile today?
- Which rule was the hardest to follow?
- Did you make a new friend today? What’s their name? What do you like about them?
- If you were a teacher/head of the school, what would your class/school be like?

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10 a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: greta@schoolscounsellingpartnership.co.uk

With best wishes,

Greta

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