

Dear Parents,

Open and ongoing communication between you and your children is important to keeping a healthy relationship with them as they grow. Light, daily conversations about their lives and things that they are interested in help build and maintain trust for when more difficult topics arise. For smaller, everyday concerns to more complex conflicts, you are your children's most important source of encouragement and advice.

Sometimes getting the conversation going can be challenging, especially when life is busy or your child is hitting new milestones. But don't give up! Continue to show you care and are there for them by simple actions like checking in to let them know that you are there if they need to talk, or by showing interest in their hobbies.

Not sure where else to begin? Here are a few conversation starters to help get the ball rolling!

What is something that you have done of which you are most proud?

If you could visit any place in the world, where would it be?
What would you most want to do or see?

What's the funniest thing that has ever happened to you?

What's your favorite part of being in our family?

What is your favorite way to learn? What is something new that you would like to learn?

For more conversation starter ideas for you and your children, toddlers and up, visit:
<https://www.parents.com/conversation-starters-for-kids-8403594>



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