



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: they may be tired and will need to reconnect with you first. Try to chat casually and to 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:

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

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolsounsellingpartnership.co.uk