

7 Alternative Questions To Ask Your Kids

(Joe Drummer Boy on Facebook)

Taken from Amy Morin's book:

"13 Things Mentally Strong Parents Don't Do"

Instead of saying: "How was school today?"

1. **What was the best part of your day?** This helps your child's brain scan for positives, training them toward gratitude and optimism. We don't want to sweep problems under the rug.
2. **What mistake did you learn from today?** This helps normalize failure. You teach them that mistakes aren't shameful. These are teachers in disguise.
3. **Who were proud of today?** Suddenly, your kid starts looking for what's good in others. You grow empathy by the question alone.
4. **What's one thing you could have made better today?** Not a complaint, an opening. This gives them space to problem solve, to name what's missing without spiraling into negativity.
5. **Who did you help today?** This rewires their focus. When you ask this regularly, kindness becomes a reflex.
6. **What was the most interesting thing you "Learned" today?** Grades aside, you fuel curiosity. The moment they see your eyes light up, they learn that learning itself is cool.
7. **What's something new you want to try?** The courage question. It pushes them toward creativity, bravery and growth. No perfection required.

You shift from interrogating to inviting. You move from report card talk to soul talk. When you do this, you bridge not just to your kid's day, but to their world. We're reminded that real parenting isn't about control. It's about connection.

When you start asking these questions, you're helping your child develop emotional awareness, empathy, and resilience, all while deepening your bond.

The secret isn't fancy psychology. It's curiosity. Your curiosity.

So skip the question, "how was school?" to and try one of these questions.