

THE Counseling CONNECTION

St. Hilary School
Ms. Becher and Mrs. Eldred

Most parents can relate to the following scenario:

Parent: How was school today?

Child: Fine

Parent: What did you do?

Child: Nothing

UGH!!!! Sound familiar? Here are some **alternative questions** to help parents and children engage in more productive conversations after school:

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today what would it be?
4. What was the hardest rule to follow today?
5. Tell me something you know today that you didn't know yesterday.

Ways to **stay organized** and **connect** with your children after school:

1. Spend 5-10 minutes with each child alone
2. Have a healthy snack ready when they get home
3. Give them a few minutes to unwind
4. Set a routine for homework, practices, etc.
5. Let kids take turns helping with dinner/chores

November's Focus: Making Connections With Kids After School

When we recollect our children physically into our orbit, we need to recollect them emotionally as well. All parents need to repeatedly reconnect with their children, just to repair the daily erosion created by life's normal separations and distractions.

<https://www.ahaparenting.com/parenting-tools/connection>



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TALK

AFTER SCHOOL

Family Conversation Starters

Who do you look forward to seeing the most at school each day?

What's the best thing about being in _____ grade?

What's the worst thing about being in _____ grade?

What are you learning now in _____ class?

If you could pack your own lunch, what would you pack?

Who's the friendliest person in your class?

Who is someone at school who needs a friend?

What does your teacher do really well?

What's your favorite part of the school day?

What food did you like the most at lunch?

Who did you sit by at lunch today?

Who did you hang out with the most today?

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