



CONVERSATION STARTERS FOR PARENTS & TEENS



- 1.If you were a candy bar, which one would you be? Why?
- 2.If you were to write a book, what topic would it be on?
- 3.In what ways do you take care of our planet?
- 4.What social issue do you feel strongly about?
- 5.What makes you happy?
6. What makes you feel loved?
- 7.Where do you feel stress in your body?
- 8.How do you deal with stress?
- 9.How would you describe your style?
- 10.How do you respond when you know someone has drugs?
- 11.What would a perfect day look like for you?
- 12.What do you need right now that you don't have?
13. What language would you like to learn?
- 14.When you picture yourself as an adult, what do you see yourself doing?
- 15.In what ways do you think i am unfairly critical?
- 16.If you could change one thing in our home, what would it be?
- 17.What does a good relationship feel like?
- 18.What do you think about when you are falling asleep?
19. What is happiness & success to you?
- 20.What is your favorite art form?



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TIPS for *CONNECTING* in conversations:

Take a moment to be in your own right state of mind.

Engage in conversation by asking Follow-up Questions!

(Follow-up question show curiosity about your child said!)



BE AUTHENTIC.

BE REAL. BE OPEN. BE CURIOUS. BE ACCEPTING.

Be PRESENT. Be GRATEFUL. Believe in your child.

BREATHE. BE GROWTH-MINDED.

**ALLOW immaturity to blossom in its time. Learn to see the growth,
so you can smile at the process.**

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LISTEN MORE THAN YOU SPEAK.

**Validate how you child FEELS. Tell them you are learning, too.
Allow personal expression. Celebrate for their partial knowledge.**

LISTEN WITHOUT JUDGEMENT.

**Allow kids to say No whenever possible. Normalize conversation by
talking often. Ask their opinion.**

LISTEN MORE THAN YOU SPEAK.



For deeper understanding on anything here or other questions, contact
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