

Family Conversation Guide

Simple Questions That Help Families Stay Connected

School Counselor Resource Series

Purpose

Strong family relationships are built through consistent, meaningful conversations. While busy schedules can make it difficult to connect, even a few intentional questions can help children and teens feel heard, understood, and supported. This guide provides conversation starters families can use during dinner, in the car, before bedtime, or anytime they have a few uninterrupted minutes together.

Everyday Check-In Questions

- What was the best part of your day?
- What was the hardest part of your day?
- What made you smile today?
- Did anything surprise you today?
- What are you looking forward to tomorrow?

Understanding Feelings

- How are you feeling today?
- What has been on your mind lately?
- What has been stressing you out?
- What helped you feel calm today?
- Is there anything you're worried about?

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Celebrating Strengths

- What are you proud of this week?
- When did you feel confident today?
- What is something kind you did for someone?
- What challenge did you handle well?
- What strength helped you today?

Building Healthy Relationships

- Who made you feel encouraged today?
- How were you able to encourage someone else?
- Is anyone having a hard time that we could pray for or help?
- What makes someone a good friend?
- How can our family support one another this week?

Growing Through Challenges

- What is something difficult you're working through?
- What have you learned recently?
- What is one problem you'd like help solving?
- What's one thing you can control right now?
- What's one small step you could take tomorrow?

Looking Ahead

- What goal are you working toward?
- What are you excited about?

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- What is something new you'd like to try?
- What do you hope this month brings?
- How can I support you this week?

Conversation Tips for Parents

- Ask open-ended questions instead of questions that can be answered with "yes" or "no."
- Listen without interrupting.
- Resist the urge to immediately solve every problem.
- Validate your child's emotions before offering advice.
- Celebrate honesty, even when conversations are difficult.
- Remember that connection is more important than having the perfect response.

Creating a Family Habit

Choose one time each day to intentionally connect:

- ☐ Breakfast
- ☐ After School
- ☐ Dinner
- ☐ Evening Walk
- ☐ Bedtime
- ☐ Car Rides
- ☐ Weekend Activity

Consistency matters more than length. Even ten intentional minutes each day can strengthen trust and communication.

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A Final Encouragement

Children often remember the conversations where they felt truly heard. By creating regular opportunities to listen, encourage, and support one another, families build relationships that help children navigate both everyday challenges and life's most difficult moments.

Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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