

SOME IDEAS OF WHAT TO ASK OR SAY TO YOUR KIDS WHEN THEY GET HOME FROM SCHOOL/CHILDCARE

Did anything funny happen at school today?

Help your kids talk about their day by reliving a funny memory. Asking specific questions about their day makes it easier for them to share!

"I was thinking about you! Want to know what I was thinking about?"

Help your kids talk about their day by reliving a funny memory. Asking specific questions about their day makes it easier for them to share!

"Do you need anything after your day? Maybe a hug?, a chat? a snack? a nap? play time with me?"

After school meltdowns are very common. Kids save their tears and unload when they feel safe. By allowing them the space to think about what they really need, you create opportunity for them to decompress.

"Did you make any mistakes today, tell me about them!"

Allowing your kids to reflect on their mistakes and failures with your love helps protect them from perfectionism and encourages learning. Kids must also know that they are not failures because they made some mistakes.

Yay seeing you again makes me so happy!

Kids deserve our delight as parents and guardians. When you show your child you delight in their presence, they feel loved, seen, safe and known.