

Parent-Child Connection Prompts

Encouraging Conversations for Emotional Growth & Secure Attachment

- **How to Use These Prompts:**

- Choose a question that fits your child's mood and setting.
- Let your child take the lead—listen more than you talk.
- Validate their feelings before offering solutions.

Emotional Awareness & Regulation

- **Helping Kids Name & Navigate Their Feelings**

- What color would your feelings be today? Why?
- If your emotions were weather, what kind of day would it be?
- What is something that made your heart feel big today?
- When you feel overwhelmed, what helps you feel safe?
- Can you think of a time you were really mad? What helped you calm down?

Building Self-Worth & Confidence

- **Encouraging a Strong, Positive Identity**

- What is something you are really good at? How did you get so good at it?
- What is one thing you love about yourself?
- Can you tell me about a time you were proud of yourself?
- What makes you feel loved and important?
- If you could teach me something, what would it be?

Strengthening Parent-Child Connection

- **Creating Secure Attachment Through Conversation**

- What is one thing I do that makes you feel safe?
- If we could have a special day together, what would you want to do?
- Is there something you've been wanting to tell me but weren't sure how?
- When do you feel closest to me?
- If you had a magic wand and could change one rule, what would it be?

Processing Hard Moments & Big Feelings

- **Helping Kids Through Ups & Downs**

- When something feels really hard, what helps you keep going?
- Can you tell me about a time you felt really brave?
- What's something that made you sad recently?
- Is there something at school/home that feels tricky right now?
- What's one thing you wish grown-ups understood better about kids?

Playfulness & Creativity

- **Inviting Imagination & Joy**

- If you could design the perfect day, what would it look like?
- If your stuffed animals could talk, what would they say about you?
- What's the funniest thing that happened this week?
- If you could be any animal for a day, what would you be and why?
- If we could invent a family holiday, what would we celebrate?