**HOW DO I FIND OUT WHAT MY CHILD DID AT NURSERY TODAY?**

Your child's been at nursery and you've arrived with a big smile on your face, looking forward to seeing them and hearing about their day.

However, a common comment from parents is 'I ask them what they did at school today and all they say is "Nothing!" ‘

Finding out about your child’s day can be tricky, as they may not always be keen or able to tell you.

Try not to worry: there are a number of ways to gently encourage and help your child to open up a little more.

**How do I ask my child about nursery?**

The first thing to do is ... not ask questions. A lot will have happened and your child will need some down-time to process all the events of their busy day. It's like when you've been at work or out all day and when you arrive home all you really want to do is have a cuppa and put your feet up - well, it's probably the same for your child.

Welcome them home and let them recharge their batteries. They'll probably want something to eat. If your child is hungry, they'll be less likely to want to chat to you.

## How do you get your child to talk about nursery?

Try these tips below to encourage your child to tell you about their day.

* Firstly, you could ask 'open' rather than 'closed' questions. A**closed question** only requires a 'yes' or 'no' or another single word answer; for example, 'Did you have a good day at nursery?'  An **open question** needs a fuller answer: 'What was the best thing that happened at nursery today?'
* It's also a good idea to try not to ask too many questions. The 'Tell me something you enjoyed today' question is one that generally works well, because your little one won't feel pressured into thinking they need to give a huge answer.
* Include yourself in the conversation: tell your little one something nice that happened to you too.

## What questions should I avoid?

* Try to avoid leading questions e.g 'Did you not enjoy it at nursery today? 'Was X unkind to you again today?' These kinds of questions could encourage your little one to dwell on negative things.
* Don't take it personally if your child doesn't want to talk. It probably won't be personal - it may be that they're just not in the mood.
* It's always better to ask positive questions. For example, 'What's your favourite thing that happened today?' 'What was the best game you played?' or 'Tell me the names of two people you played with today.'
* It can help to ask questions involving numbers: 'Tell me two funny things that happened today,' or 'Tell me the names of three other children who sat on your table at lunch.'
* Play a game and get involved. At the dinner table, take turns to answer 'Did anything funny happen today?' Or use the three questions game: 1. What did someone do to make you happy today? 2. What did you do to make someone happy? 3. What have you learnt today?

**What are examples of questions to ask my child about their day?**

* What's the best thing you did today?
* What was the best thing your teacher told you today?
* Who did you enjoy playing with today?
* What did you talk about at playtime?
* Who did you sit with at lunchtime?
* What was your favourite story or song today?
* Who made you laugh the most?
* Did you need to ask your teacher for help with anything?
* What was the yummiest thing you had to eat today?
* What was the yuckiest thing?
* What are you most looking forward to tomorrow?

**Which questions should I avoid?**

Try not to ask:

* How was nursery?
* Is your teacher nice?
* Are the kids nice to you?
* Was it cold today?
* Did you play with anyone at playtime?
* How was lunch?
* Who got into trouble today?
* Why didn’t you….

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| **If you have discovered any other ways to encourage your child to talk about their day at nursery, please drop us an email with your top tips so we can share these with our parents and families.** |