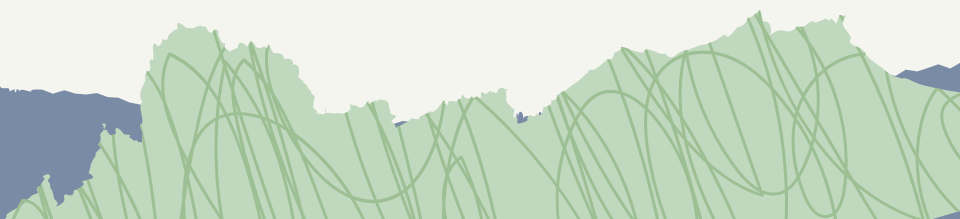
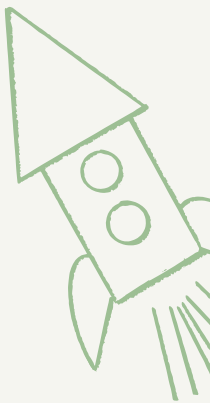


# Family Communication Prompts

Simple questions to  
connect, build trust, and  
encourage self-expression

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The best conversations often happen in small moments, at the dinner table, during a walk, or before bed. These prompts are designed to help you and your child share thoughts, ideas, and feelings in ways that build confidence and strengthen your bond.

## *Everyday Conversation Starters*

Use these anytime to invite your child to share about their day. The more you ask, the more they'll get used to opening up, even about the little things.

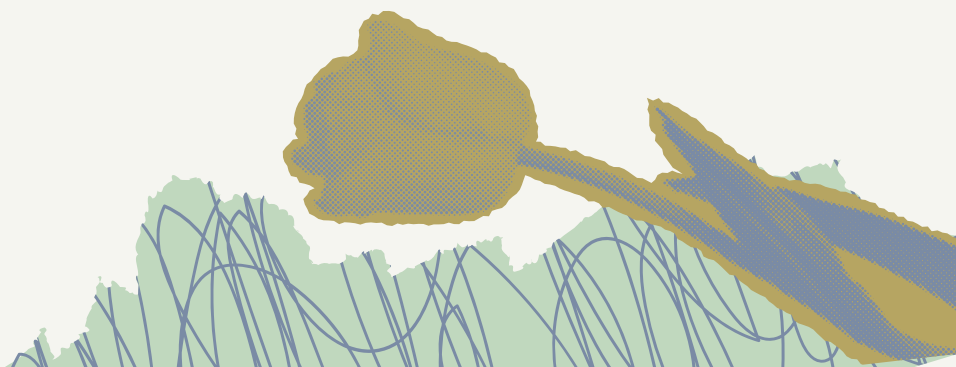
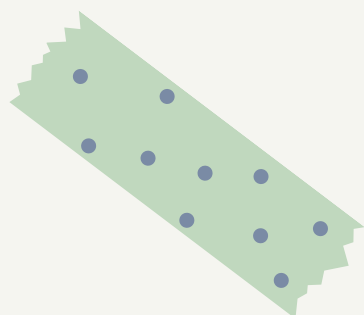
Use these anytime to invite your child to share about their day. The more you ask, the more they'll get used to opening up, even about the little things.

- What was the best part of your day?
- Tell me something that made you smile today.
- What's one thing you're proud of this week?
- If you could change one thing about today, what would it be?

## *Confidence Boosters*

Questions that help your child recognise their strengths and celebrate effort, not just achievements.

- What's something you tried recently that was new for you?
- What did you learn from it?
- What's a time you helped someone else?
- When did you feel brave this week?



## Problem-Solving Prompts

**Encourage your child to think creatively about challenges and solutions, skills they'll use for life.**

- What's a problem you solved recently?
- How did you figure it out?
- If you could try again, what would you do differently?
- Who could you ask for help if you got stuck?



## Future Dreams & Ideas

**Let your child imagine and explore possibilities, there are no wrong answers here.**

- If you could learn any skill, what would it be?
- What's something you'd love to try one day?
- If you could make one rule for the world, what would it be?
- Who inspires you the most?

## Reflection Space

A large rectangular area with horizontal dashed lines for writing. The lines are evenly spaced and run across the width of the box. The background of the box has a subtle, textured pattern.